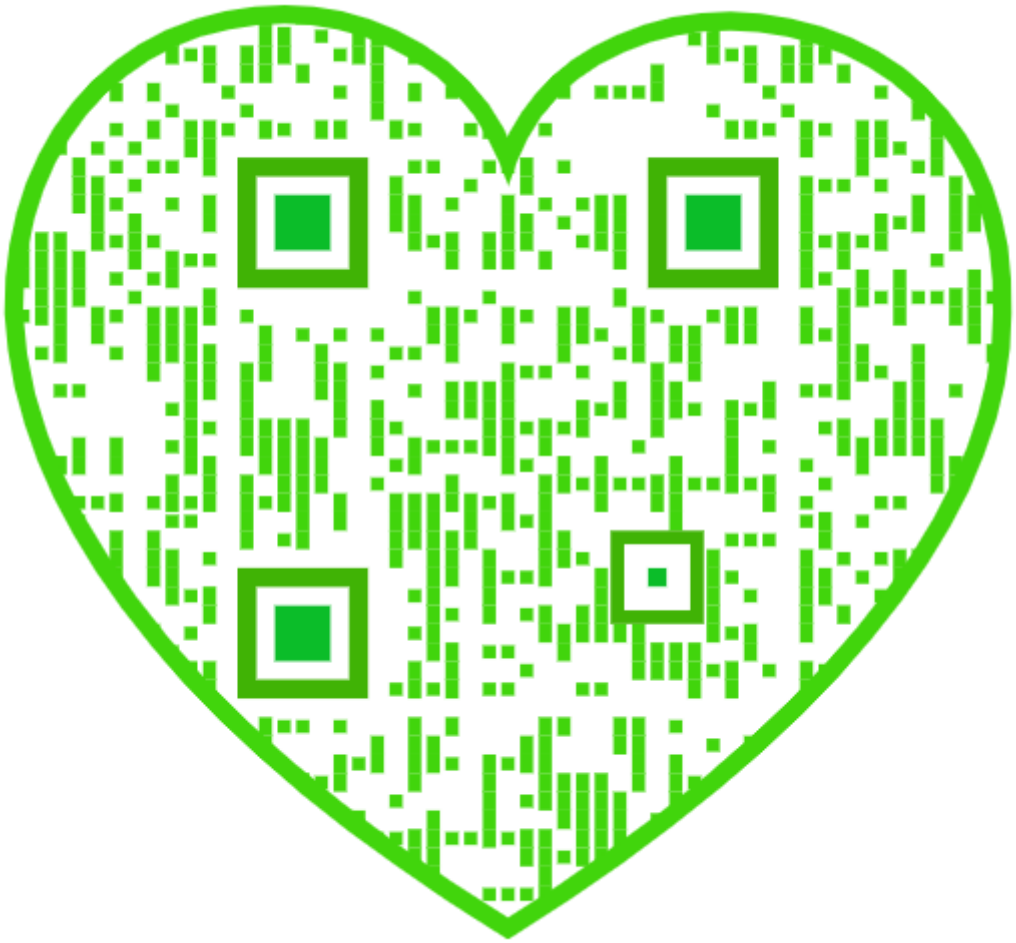

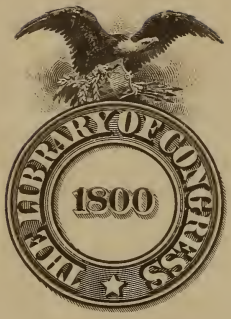
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THE COMPLETE HERBALIST,

OR,

THE PEOPLE THEIR OWN PHYSICIANS

BY THE USE OF

NATURE'S REMEDIES;

SHOWING THE GREAT CURATIVE PROPERTIES OF

All Herbs, Gums, Balsams, Barks, Flowers and Roots; how they should be prepared; when and under what influences selected; at what times gathered; and for what Diseases administered. Also, Separate Treatises on Food and Drinks; Clothing, Exercise, The Regulation of the Passions; Life, Health, and Disease; Longevity; Medication; Air and Sunshine; Bathing; Sleep, etc. Also,

SYMPTOMS OF PREVALENT DISEASES;

SPECIAL TREATMENT IN SPECIAL CASES;

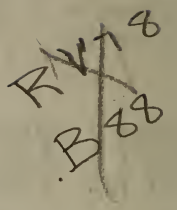
AND A

NEW AND PLAIN SYSTEM OF HYGIENIC PRINCIPLES,

By DR. O. PHELPS BROWN.

PRICE, TWO DOLLARS.

JERSEY CITY, N. J.
PUBLISHED BY THE AUTHOR.
1865.



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THE COMPLETE HERBALIST.

A BRIEF HISTORY OF MEDICINE.

In presenting this work on Crude Organic Remedies—the Constituents of Plants—and their Officinal Preparations—I do not propose to "run a tilt" against any of the systems of Medical Practice, however much some of them may be opposed to common sense and reason, and to the Divine ordinances of Nature; nor shall I treat with contempt the teachings and practices of great and wonderful names, or oppose the pride, interest, expectation, and conscientious convictions of a learned, honorable and influential profession; my object is simply to present many new and curious, if not startling facts, not only well worthy of the earnest consideration of the more intelligent portion of the community, who demand reasons the most profound, to lead them to conviction of a Truth, but of the great mass of humbler people, who desire, amid all the great *Reforms* in human society, above all things to secure a "*sound mind in a sound body*," and to feel something of that exalted state of happiness which alone can rise from the possession of the most robust and rubicund physical and moral Health.

It must be palpable to every thinking mind, that Therapeutical and Pharmaceutical science, is the very foundation of the "Healing Art Divine." In the language of Holy Writ, "*The Lord has created medicine out of the earth, and he that is wise will not abhor them.*"

"Yea happy he that can the knowledge gain,
To know the Eternal God made nought in vain."

The use of medicine is no doubt coincident with the History of the Human Race; but writers generally agree that medicine first became a profession among the Egyptians. The priests of the earlier nations were the practitioners of the Healing Art, but it does not seem that women were excluded from the right of administering medicine for the purpose of healing the sick, since mention is made of a certain Queen Isis, who became greatly celebrated among them, and was worshipped as a "Goddess of Health." Although the practitioners among the Egyptians, Assyrians and Jews, were in the habit of employing incantations, which, of course, produced their good and bad impressions through the medium of the imagination, yet their efficiency in curing diseases was due mainly to their knowledge of the medical virtues of many of the vegetable products of Nature. They seemed to look up as high as the *stars* to know the reason of the operation of the Herbs in the various affections of the human race.

Among the Greeks, Hippocrates first caused medicine to be regarded as a *science*, while Esculapius was the first who made medicine an exclusive study and practice. His sons Machaon, and Podalarius are celebrated in Homer's "Iliad," for their medical skill, as surgeons in the Greek armies, or during the Trojan war. Two daughters, also, of Esculapias, Panakeia and Hygeia, were no less distinguished than their renowned brothers; the latter being the inventor of many valuable herbal preparations, whose success in curing diseases, won for her, as in the case of Queen Isis of Egypt, the proud honor and deification of the Greeks as an especial "Goddess of Health." We have no knowledge that Esculapias, or his immediate followers ever conceived the idea of curing disease by drug or mineral preparations. Ablutions, bandages, fomentations, ointments, etc., were administered externally, and preparations of aromatic herbs, roots, flowers, balms, gums, etc., constituted their whole materia medica for all *internal* ailments.

The next most prominent medical practitioner after Esculapias and his immediate descendents, was Hippocrates, the "Co-

an Sage," who being one of the most sagacious, observing and industrious men that ever lived, was entitled the "*Father of Medicine.*" He travelled much in foreign countries, devoting himself with untiring energy to the study and practice of medicine. His writings were numerous, and even to this day, his doctrines are extensively recognized. His practice was consistently founded on the phenomena of Nature, as exhibited in human beings during health and disease. His materia medica was derived wholly from the vegetable kingdom. His internal remedies were, purgatives, sudorifics, diuretics, and injections, while his external were ointments, plasters, liniments, etc. The great principle which directed all his operations was the supposed operations of Nature, in superintending and regulating all the actions of the system. This mode of practice had the good effect of enabling the practitioner to make himself well acquainted with all the phenomena of disease, and thus to diagnose most correctly, and to meet the varied indications, by the administration of some *herbal* remedy, which would induce the crisis requisite to the removal of disease and restoration to sound or vigorous health.

About three hundred years before the Christian era, the Ptolemies founded a medical school in Alexandria, Egypt. The most famous of the professors were ERASISTRATUS, and HEROPHILUS, who dissected the bodies of criminals obtained from government. They opposed bleeding and violent remedies, trusting more to nature than to art. Herophilus paid particular attention to the action of the heart, and was the first to give any thing like an accurate description of the various kinds of *pulse.*

We pass over the days of the Dogmatics and Empirics, the Pneumatics and other sects of medical practitioners, (who, though they employed *herbal* remedies as a general rule, were strangely given to the promulgations of theories and doctrines utterly at variance with the most ordinary ratiocinations of Philosophy and Reason,) until we come to the period when GALEN first made his appearance at the request of the Emperor

Aurelias. Galen was a native of Pergamus, having traveled much, and written largely on subjects directly or indirectly connected with medicine, before settling himself at Rome. He was entirely independent in his opinions, paid very little respect to authority, and so great was his learning and wisdom, and rare skill in medicine, that he came to be regarded by many as an "Oracle." Thoroughly educated in all the schools of philosophy, he selected from them all except the Epicurian, which he totally rejected. His treatment of disease was principally by Herbal remedies. From Galen have sprung the sect that is now generally know as Eclectics, who do not confine remedies exclusively to the herbal practice, but employ many of the mineral substances upon which the Allopathatic and Homoepathic systems of medicine of the present day are based.

About the middle of the seventeenth century, on the death of Paulus, the Greek school of medicine terminated, the Arabians having conquered a large portion of the semi-civilized world, and destroyed an immense Alexandrian library. The Arabian physicians soon adopted the opinions of Galen, but owing to the invention of chemistry, it was speedily made subservient to medicine. They produced medical works, some of which have enjoyed great celebrity, without having really added any thing substantial to medical science as previously understood. With Averroes terminated the Arabic or Saracenic School of medicine, the great reputation of which is mainly owing to the circumstance, that from the eighth to the twelfth centuries, when all Europe was sunk in deep barbarism, the principal remains of a taste for literature and science existed among the Moors and Arabs. The physicians added many vegetable products, and a few metallic and oxides in the catalogue of remedies. From the employment of chemical and mineral remedies by the Arabian physicians may be dated the disastrous consequences of medical science, that was subsequently inaugurated by that Prince of Quacks—Paracelsus

After the Arabians, from the twelfth to the fifteenth century, the practice of medicine was chiefly confined to the hands of

the priests, who being men of great learning and followers of Esculapius, Hippocrates and Galen, (all believers in the science of *planetary* influences upon the herbal productions of the earth) did much to perfect what has since been known as "Astral physic," and to base it upon principles as insurmountable and eternal as God and Nature, notwithstanding the futile attempts of modern physicians to laugh and jeer it down, as drawn from the magical arts and astrological superstitions of a "monkish age." It is very true that chemistry, or rather alchemy, was prosecuted with much ardor with a view to discovering a method of transmuting the baser metals into gold, yet with all their "knavery and folly," they religiously discarded mineral medication, and relied almost wholly upon an herbal or vegetable *materia medica* in the treatment of all forms of physical and mental diseases.

The European feudal system was at length greatly shaken by the Crusades. Mahomet the second, about the middle of the fifteenth century, captured Constantinople, and soon after the ruin of the Byzantine empire, the *Reformation* occurred, and about the same time the art of printing was invented. These events gave a powerful impulse to the world of mind, and reawakened investigation into all the departments of science, literature and the arts; but, although many works were written, very few facts were gleaned concerning the physiological, anatomical and pathological phenomena, incident to the Structure, Health and Disease of the human being.

The alchemic art, however, was at length transferred from Arabia into European countries, and medical chairs were established in various Universities on the continent during the thirteenth century, and finally, Linaire, who had been educated at Oxford, and having travelled in Italy, and spent some time at the court of Florence, returned to England, and succeeded in founding medical professorships at Oxford and Cambridge, from which circumstance was laid the foundation of the London College of Physicians. Thus chemistry, after having been employed in various pharmaceutical processes, was applied to

physiology, pathology and therapeutics. The chemical doctors were very wild and extravagant in advancing unnatural theories; but they had an ever present champion in the name of Galen, who was well entitled to be called the "Prince of Medical Philosophers" He *was* a philosopher—a *natural* philosopher; for he studied Nature closely, deeply, profoundly, and deduced his indications of cure from an accurate observation of her laws. His system, however, was destined to be utterly overthrown by an adventurous vagrant, whose quackery never had its equal on earth. This impudent and unprincipled charlatan was none other than Paracelsus, to whom the medical world is more indebted for the *mineral* drugging system than to all other physicians who have ever lived. He introduced the *mercurial* and *antimonial* practice, which still constitutes the great strength of the popular materia medica of the day, and which also continues to exhibit its terribly devastating power on all human constitutions that comes under its sway or influence. In the fullness of his pride, pomp, and arrogance, Paracelsus burned, with great solemnity, the works of Galen and Avicenna, declaring that he had found the philosopher's stone, and that mankind had no further use for the medical works of others. He lived a dissipated vagabond, and died prematurely at the age of forty-eight, his famous *elixir vitae* having failed to save him from a most horrible fate. Still his abominable doctrines prevailed, and his infatuated followers have added several hundred other chemical or mineral preparations to the materia medica of the great Quick Silver Quack.—At the present day, among a certain class of physicians, there is hardly a disease in the catalogue of human ailments in which the employment of mercury, antimony, arsenic, and other deadly drugs is not employed.

During the seventeenth century, the doctrines of Hippocrates again rose to some consideration in medical philosophy. Anatomy made progress. HARVEY discovered the circulation of the blood; others traced out the absorbent system and explained the functions and structure of the lungs; while

Boyle disengaged chemistry from the mystery by which it was surrounded, and explained its *true province* to be, "not the manufacture of solid gold, nor liquid nostrums, nor gaseous theories, but an investigation into the change of properties which bodies experience in their action upon each other."

From this time to the beginning of the eighteenth century, notwithstanding many facts had accumulated in chemistry, anatomy and physiology, physicians, as a body, held no more natural views of the *true nature* of disease, than were advanced by Hippocrates three thousand years before. Indeed, it is positively certain that none of the most eminent *new* schools or sects of the present day, have been more successful in curing diseases than were Hippocrates, Galen, and Sydenham. Meantime, however, there have arisen physicians, who, while they readily received all new facts in respect to the structure of the human organism, still adhered to the instinctive inductions of Nature, and treated diseases with most abundant success by means of Herbal preparations alone. We have at this day as bright a galaxy of names—scholars, philosophers, philanthropists and humanitarians as ever adorned any age of the world, devoting themselves with a zeal and industry worthy of all praise to the study and practice of medicine, but failing to perceive the *grand results* anticipated in their laborious researches after truth, do not hesitate to admit that our actual information does not increase in any degree, in proportion to our experience. All their array of learning, and their multitudinous writings, have only served to make confusion worse confounded, and all from the very simple fact that they have neglected to follow the requirements of nature and common sense, in maintaining the Herbal Practice as the only true and philosophical foundation of the Healing Art. Amidst all the jarrings, conflicts and dogmas of the medical world, is it any wonder that the great masses are rapidly losing all confidence in Medical Science, and crying for a more natural system of medication—even one founded in the principles of irrefragable Nature? With this view, I have devoted many years of my life, and having travelled

in numerous lands, I feel that I am now qualified, from a long medical experience and deep research into the physiology of Plants, to present to the world of suffering humanity, all those curative elements best calculated to ensure perfect health and the utmost length of life to all who may feel disposed to be guided by the doctrines and system of medication, which it is the object of this volume to make known. The Herbal Practice will be as unsuccessful as all other systems, if the strictest rules are not followed as to the time of gathering, curing, or preparing the Plants or Herbs, agreeably to the Laws of Nature or planetary influences.

HERBAL MEDICATION.

SHOWING THE PLANETARY AND CLIMATIC INFLUENCE UPON THE HERBAL KINGDOM.

In the foregoing pages, we have seen, that from the earliest period in the history of the human race, to the present time, the administration of the juices and essences of Herbs and Plants, in all forms of disease, has ever been considered by judicious and philosophical minds, as the most rational and natural means of relieving the organism of all abnormal obstructions and derangements, and restoring all the functions to their original or primitive vigor and healthful working. Notwithstanding the innovations of the *mineral* practice, I have ever held most rigidly to the *Herbal* System of medication, but having failed to meet with the success reasonably anticipated by pursuing the ordinary routine of Therapeutics, I was finally led to reject the many changes in medical doctrines and practice, and start forth on a path of investigation of my own, into the mysteries of the mineral and vegetable Kingdoms, especially as they might bear

upon the health and happiness of the human being; accordingly, I set out on extensive travels in nearly all parts of the globe in all latitudes, at all seasons, and in all climes—in search of the best *specific* means for the healing of the maladies of mankind. The results of these researches, since confirmed by many years successful medical experience based upon them, have but the more strongly strengthened my opposition to the use of all the mineral preparations of the modern schools of medicine, and to establish my faith all the more firmly in the employment of HERBAL elements exclusively—whether in the materia of roots, barks, seeds, or flowers—as the surest and safest means for the thorough eradication of every form of disease incident to the human body.

In saying all this, however, I do not deny the fact that many mineral substances enter into the composition of the human being, and are necessary for his full health and perfection—as chalk or lime is requisite to form bone, iron to enrich or strengthen the blood, and other mineral substances for the formation of the tissues, as phosphorus for the tissues of the brain and nerves, etc.—but I stoutly contend that all such inorganic substances are taken up by plants and distributed to the various tissues and elements of the human being, either in the way of food or medicine, in exactly the precise quantity requisite for man's perfect health, if rightly used, neither in excess nor diminution, agreeably to the laws of nature: and their virtues are thus prepared and eliminated in a way far superior to any chemical manipulation ever conceived or known to man, with all the elements of chemical science at his command.

Having philosophized, and finally realized that the entire Universe was composed of *contrary* elements—of *negative* and *positive* principles—yet that the whole worked, or acted, in the most perfect harmony, agreeably to the wisdom of a Great First Cause, when such elements were not disarranged or disturbed by any *violation* of the laws of pristine *Nature*, I was soon led to a *logical deduction* of the general laws which govern the virtues or medicinal properties of all the varieties of plants,

with a view to employ them as remedial agents in the cure of disease. In a word, I found in the being, MAN, an epitome of all creation—found in his organism all the elements of universal nature—and necessarily discerned, that, as there are Summer and Winter, night and day, in regular and systematic succession, such alternations of nature could not but have the most important influences in respect to the health and diseases of the human being—Heaven's last, most perfect work. I realized that in accordance with the various operations of nature, man remained in health, or became afflicted with disease. Hence, it became necessary for me to fully understand or comprehend the *cause* of any departure from the normal or natural condition of man, and to provide the cure, or the remedy best adapted for the restoration of the equilibrium of the functions of his entire organism.

The admirable harmony of creation, as seen in the revolutions of the planets, showed how one part of the universe was subservient to, or dependent upon another part of creation; and this being the fact, it was easy to comprehend that the *Planetary System* had certain peculiar, fixed influences, not only upon herbs, but, through their qualities as food or medicine, upon the body of man.

No man of sense will deny that the Moon has a certain influence over the waters of the Earth—causing the ebb and flow of tides—nor will it be questioned among *practical* agriculturalists, at least, that the Moon has some special or potent power, in the success or failure of crops, etc.

If such be the *truth*, as it undoubtedly is, in regard to the influence of the Moon upon the aqueous and herbal, or vegetable organisms, it is not at all unreasonable to suppose that every star and every planet has some governing action over the actions, temperaments, idiosyncracies, health and disease of the human being, through the medium of the plants which supply him the very best of healing medicines.

The physicians of the olden time—including Esculapius, Hippocrates, Galen, etc.—of Arabia, Greece and Rome, as well as

many sages and learned men of more modern times, as Lord Bacon, Sir Isaac Newton, and others, all believed in what was originally called "ASTRAL PHYSIC;" and contended that the anatomy of the human body was governed by the twelve constellations. In other words, they believed that the planet Aries or ram, presided over the head and face of man; Taurus or the bull, over the neck; Gemina, or the twins, over the arms; Cancer or crab fish, over the breast; Leo, or the lion, over the heart; Virgo or virgin, over the bowels; Libra or the balance, over the reins or loins; Scorpio or scorpion, over the secrets; Sagittarius or bowman, over the thighs; Aquarius or waterman, over the legs; Capricornus or goat, over the knees; and Pisces or the fishes, over the feet.

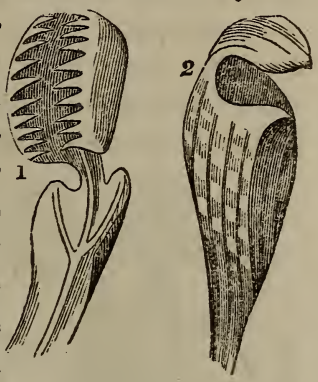
Candid and reflecting minds must admit the *truth* of these notions of the ancients, while the lights of modern science fully support the hypothesis of planetary influences upon the human organism, inducing Rheumatism, Neuralgia, and other nervous and muscular diseases, as well as visceral derangements, according as electrical, atmospherical, or other phenomena are concomitants of, or governed by, *sidereal* or meteorological conditions of our globe, in its revolutions in universal space, or amid the illimitable range of the starry hosts and planets. Indeed, in many scientific works, we find engravings representing the planets ruling over the various members of the body of man, while these emblems or signs continue to be used, as designating the proper time to plant seed and reap the harvests, etc., among the yeomanry of all lands.

That there are planetary influences prevailing over all of the Herbal Kingdom, cannot be questioned. It is this same planetary or atmospheric influence which occasions the closing of the leaves over the extreme point of the young shoot at night, as may be observed in the chick-weed, and several other common plants. The folding of some flowers in the absence of the sun, and the opening of others as soon as that luminary has withdrawn his beams, are ascribable to a similar cause. The white marygold closes its flowers on the approach of rain, and

the dwarf *Colendrina* folds up its bright crimson corolla about four o'clock every afternoon ; while, on the contrary, the plant commonly called *Four o'clock*, whose flower remains closed all day, opens precisely at the hour of four. The evening Primrose will not open its large yellow flower till the sun has sunk below the horizon. On the other hand, the Sun-flower is always seen bending its face (*vis-a-vis*) in the direction of the sun, and follows its course during the entire diurnal round, from its rise in the Orient, or East, in the morning, to its decline in the Hesperian region, or West, in the evening. The Night-blowing Cereus only expands its flowers about midnight. Indeed, some flowers are so regular in their opening or shutting, that the great Botanist, LINNAEUS, formed what he called "*Flora's Time Piece*," in which each hour was represented by the flower which o ened or closed at that particular time. Thus, *trago fogon prateus* opens from three to five ; *papaver medicaule*, at five ; *hypochaeris maculata*, at six ; *nyonphœa alba*, at seven ; *anagollis avernis*, at eight ; *calendula avernes*, at nine ; *areuaria*, nine to ten ; and *mesembry anthemum*, at eleven. *Solar light* is no doubt the principal cause in producing these phenomena ; yet the influence of other planets are perhaps more potent in their direct influence. Beside the cases in which flowers open and shut their corollas by the influence of light, instances are known in which merely the petals roll up by day, and resume their natural shape after sunset. A remarkable circumstance respecting the effect of atmospheric influence, is, that the same causes do not affect all plants, and yet no peculiarity or construction has been discovered in those so affected to distinguish them from those that are not. This simple fact alone is sufficient to prove that there is not a plant or tree growing on earth that is not in more or less degree, under the influence or government of some *especial* Planet, Star, or Constellation, or some sign of the Zodiac.

The *sleep* of plants, a very remarkable phenomena, must be due to planetary influences. Even the *irritability* of many of them can be readily traced to the same cause by a rational

mind. In many instances, there seems to be a striking affinity between the herbal and animal kingdom, and other instances of the repelling character. For instance, a most remarkable instance of irritability by contact, is that exhibited by the 'Venus' Fly Trap,' *Dionœa muscipula*, a native of Canada, and nearly allied to the common "Sun-Dew," of the British commons. Its flowers have nothing remarkable about them, except that their petals roll up when they are about to decay; but the leaves are very curiously constructed. They have broad leaf-like petioles, at whose extremity there are two fleshy tubes, which form the real leaf, and which are armed with strong, sharp spines, three on the blade of each lobe, and a fringe of larger spines round the margin. (*See figure* 1)



When an insect touches the base of the central spines, the leaf collapses, and the poor insect is caught, being either impaled by the central spines, or entrapped by the others. The leaf then remains closed, the fringe of long spines being firmly interlaced and locked together, till the body of the insect has wasted away. This apparatus being the nearest approach to a stomach which has yet been observed in plants, an experiment was tried some years ago of feeding a *dionœa* (Venus' Fly Trap) with very small particles of raw meat, when it was found that the leaves closed in the same way as they would have done over an insect, and did not open again until the meat was consumed. This plant is under the dominion of *Mercury*, and it is a curious fact, that its leaves possess medical properties, which, when properly prepared in tincture or decoction, have been found of exceeding efficacy in many diseases of the digestive organs of the human being.

Saracenia, or Side-Saddle flower, the leaves of which are pitcher-shaped, resembling an old-fashioned side-saddle, six of which generally belong to each plant. Each of these pitchers

will hold nearly a wineglass full, and are generally filled with water and aquatics, which undergo decomposition, or a sort of *digestion*, and serve as a nutriment to the Plant. It is a plant of the *Moon*, and an infusion of both its leaves and roots is stimulating, tonical, diuretic, and laxative, and thus very useful in dyspepsia and other gastric derangements, chlorosis and all uterine derangements. This same peculiarity belongs to all plants having pitcher-shaped leaves. (*See fig.* 2, *page* 15.)

From long experience and observation, I have found that any plant bearing any resemblance to any portion of the human frame, is a *specific* for the diseases of the member or organ to which it resembles. For instance, herbs that simulate the shape of the *Lungs*, as Lungwort, (*See figure adjoining,*) Sage, Hounds-tongue and Comfrey, are all good for pulmonary complaints.

Plants which bear in leaves and roots a *heart*-like form, as Citron Apple, Fuller's Thistle, Spikenard, Balm, Mint, Whitebeat, Parsley and Motherwort, will yield medical properties congenial to that organ. Vegetable productions like in figure to the *ears*, as the leaves of the Coltfoot or Wild Spikenard, rightly prepared as a conserve and eaten, improve the hearing and memory, while *oil* extracted from the shells of sea-snails, which have the turnings and curvings of the ears, tends wonderfully to the cure of deafness. A decoction of Maiden Hair and the moss of Quinces, which plants resemble the *hairs of the head*, is good for baldness. Plants resembling the human *nose*, as the leaves of the Wild Water Mint, are beneficial in restoring the *sense of smell*. Plants having a semblance of the *Womb*, as Birthwort, Heart Wort, Ladies' Seal or Birony, conduce much to a safe *accouchement*. Shrubs and Herbs resembling the bladder and gall, as Night-shade and

Selfheal

Costmary

Amara Dulcis.

Alkekengi, will relieve the gravel and stone. *Liver* shaped plants, as *Liverwort* a plant under the dominion of Jupiter, (*See the following figure.*) Trinity, Agaric, Fermitory, Figs, etc., are all efficacious in *bilious* diseases. Walnuts, Indian nuts, Leeks, and the root of Ragwort, because of their form, when duly prepared will further generation and prevent sterility. Herbs and seeds, in shape like the teeth, as Toothwort, Pine-kernel, etc., preserve the dental organization. Plants of knobbed form, like the knuckles or joints, as Galingale, and the knotty odoriferous rush, *Calamus*, are good for diseases of the spine and reins, foot, gout, knee swellings, and all joint pains whatsoever Oily, vegetable products, as the Filbert, Walnut, Almond, etc., tend to fatness of the body.

(*Liverwort.*)

Plants naturally *lean*, as Sarsaparilla or long-leaved *Rosa Solis* emaciate those who use them.

Fleshy plants, such as Onions, Leeks and Colewort, make flesh for the eaters. Certain plants, as the Sensitive plant, Nettles, the roots of Mallows, and the herb *Neurus*, when used as *outward* applications, fortify and brace the *nerves*. Milky herbs, as Lettuce and the fruit of the Almond and Fig trees, propagate *milk*. Plants of a *serous* nature, as Spurge and Scammony, purge the noxious humors between the flesh and the skin. Herbs whose acidity turns milk to curd, such as Gallium and the seeds of Spurge, will lead to procreation. Rue mixed with Cummin will relieve a sore breast, if a poultice of them be applied, when the milk is knotted therein ; while plants that are *hollow*, as the stalks

of Grain, Reeds, Leeks, and Garlick, are good to purge, open and soothe the hollow parts of the body. Many more instances of such adaptation of herbs and plants to diseases of the body, might be cited if deemed necessary.

The *vitality* of plants may be destroyed by giving them deleterious or poisonous substances, such as arsenic, mercury, etc. In fact, *mineral* poisons act on plants and herbs in nearly the same way they do upon human beings or other animals.

The *color* of plants is generally under the influence of *solar* light; hence, plants grown in darkness become etiolated or blanched. The *green* of leaves is due to *nitrogen*, while in proportion as the *oxygen* of the air predominates, the leaves put on varied tints, as the beautiful red and crimson assumed by some leaves in Autumn.

The *color of flowers*, as a general rule, is influenced by *solar* light, though the *magnetic* condition of the soil has much to do with the color. For instance, the petals of the common butter-cup are of as brilliant a yellow in town-gardens enveloped in the smoke of London, as on any country hill, while the tints of the rose remain, when languishing for lack of a clear atmosphere. The flowers of the common hydrangea, which are naturally *pink*, may be made *blue* by planting the shrub in soil impregnated with iron. So will certain medical preparations of iron turn *blue* the human flesh. The color of the flower of the tulips can be turned into white, yellow, brown, purple, and a beautiful tint of rose, by transplanting the plants from a poor soil to a rich one, and *vice versa*.

The *fragrances* of flowers and plants have their physiological or medical uses. The use of the fragrance in leaves, bark, and wood, is apparently to preserve them from the attacks of insects; as the smell of the red and Bermuda cedars (of which pencils are made) and of Camphor, also a *vegetable* product, is to keep moths and other vermin from attacking substances with which they are in contact.

The *taste* produced by vegetable substances has also an important bearing in Herbal Medication, as for example, the juice of the sugar cane is *sweet*, that of the unripe apple is *acid*, that of the aloe is *bitter*, while that of the leaf of the bramble, is *astringent*. These influences are owing to *solar* light, atmospheric and *stellar* phenomena.

Physiology will not deny the connection of *electricity* with vegetable growth. The secretions of plants are various, as farinaceous, saccharine, oleaginous, balsamic, resinous, etc., while others are narcotic, aromatic, or mucilaginous, and another class again are astringent, as tonics, or purgatives. All these secretions have an important bearing in the treatment of disease by the Herbal Practice.

The *geographical* distribution of plants is affected by planetary influences, constitutions of soil, heat, moisture, altitude of situation, etc. The flowers, shrubs, and trees, which adorn the plains of India and South America, are not the same with those which clothe the valleys of England and North America. Nor are their *medical* properties the same, however those herbal products may resemble each other. The plants which flourish on the sea-shore of Great Britain are not the same as those on the coast of Africa, nor are these, again, allied to the maritime vegetation of Chili, South America. Nearly all the beautiful plants which adorn our green-houses, are natives of a limited space near the Cape of Good Hope, as are also many of our most beautiful bulbs, but the *medical* properties of all, become *weakened and changed* by transplantation. The curious stafelias, that smell so offensively, are found wild only in South Africa. They are there used for *medicinal* purposes by the Aborigines. The trees that bear balsam grow principally in Arabia, and on the banks of the Red Sea. The umbeliferous and cinciferous plants, spread across Europe and Asia. The *Cacti* are found only in tropical America, while the lobiatæ and cariophyllacea, are seldom discovered but in Europe. The peculiar ranges and centres of vegetation, as they are termed,

are all owing to planetary, meteorological, and electrical influences, and yield their *medical* properties in exact *ratio of quality*, in accordance with the latitudes or places in which they are *indigenous*.

From the many facts existing, we must believe that there is not a single disease in man that may not have its remedy or cure, in some herb or other, if we but knew *which* plant, and *where* to find it, in this, or that, or any clime, or portion of the world—agreeably to the providence of Nature.

This fact or law is proven in the lower animal kingdom. Who has not often seen, not only our familiar domestic animals, but many of the untamed creatures of the forests, fields and air, seek out some one or peculiar herb, when laboring under sickness or derangement of the functions of its organism?

Truly, Nature has wisely implanted a *definite* instinct in every organic creature, in order to serve for its health, or for its restoration to health from disease. In man, however, such instinct is not so plainly marked, but to him has been given reason and judgment, and (in some *few* of the race,) a disposition to investigate the laws and mysteries of creation, in order to secure his own highest health and perfection, and to find the means for the healing of his kind, when they have become diseased through ignorance, perversion, and violation of the immutable ordinances of Creation.

As the proverb says, "There are sermons in stones, and books in running brooks," so do we behold volumes of wisdom in all the herbal kingdom—in every emerald and variegated leaf, in every tinted blossom—in *all*, there is a voiceless language, eternally singing significant psalms in praise of "HIM who doeth all things well."

Thus we find that *adaptation* is the *law* of the universe—and no where is it more vividly portrayed than in the growth and development of the *Herbal* world.

It will thus be seen, that it is only by carefully studying the physiology or functions, or nature of plants, we can

derive instruction for the proper regulation or government of our own organisms. The causes—whether planetary or otherwise—which influence the growth and development of plants, are conditions necessary to be understood, in order to preserve the health or integrity of our systems.

Dependent upon the causes I have already named, the plants, also, may lose their medicinal virtues; while much will be owing to the season of the year when they are gathered, in order to adapt them to medical purposes.

For instance, in the Spring of the year, the common *Nettle* plant may afford a palatable food for man, but if selected at a later period, instead of serving as a savory vegetable, or purifier of morbid elements from the blood and system of man, might be converted into, or *act* as a virulent or dangerous poison upon his organism.

In China the *Ginseng* plant or root is regarded—weight for weight—as silver, for medicinal purposes; whereas the same herb grown in America, or other countries, does not possess a tithe of the value of the Chinese production for healing purposes.

There must be, therefore, I repeat, a combination of influences to ensure the full development or perfection of any plant. There must be not only internal but external stimuli, to develop the virtues of the herb. The external, as we have seen, consists of certain nutritious matters contained in the soil, water, atmospheric gases, electricity, light and heat, besides the elements of oxygen, both in its combined or simple form, nitrogen, etc.

If we take a stem cut from a pine tree, in the forests of North Carolina, and place it in contact with the trunk of a healthy growing pine, the former would destroy the latter in the course of the season. The worms generated in the severed or decayed stem will pass to the living tree, and rapidly cause its destruction.

Any farmer knows that if the lordly oak be felled in June, it will pass into a complete state of decay in the course of from four to eight weeks, but if it be cut down at a proper season, it affords the best timber for the building of ships.

We all know that a plant stripped of its leaves will soon perish. Among the reasons for this is, that the absorption by the roots is insufficient to supply all the materials for its nourishment. Let us look a little more closely into these phenomena of nature. There must be a certain number of stages for all herbal growths. First, the ascending sap dissolves the nutritive deposits of the root and stem, and conveys them to assist in the development of leaves and flowers. Hence, it is evident that if the root, bark or stem, be gathered at this season, it will prove deficient in medical virtues, or be altogether inert. The leaves, also will be found worthless for remedial purposes. On the other hand, if we wait a little longer, or until the plant is fully developed, we will find that either the bark or root, the leaves or flowers, are full of rare medicinal virtues.

The *precise* moment when all the assimilative processes of the plant have been perfected, whether it be Summer or Winter, Spring or Autumn—*is the time to gather it* for a remedial agent in disease, inasmuch as we know that the laws of chemical decomposition and recombination know no rest; hence, as in the case of the nettle, while it may be a good food in its earlier stages of development, it would prove a poison in a more advanced stage of its growth.

The peculiar properties of herbs as medicines will often depend upon the greenness or ripeness of the plant, and other circumstances attendant upon its cutting, and the length of time it is kept after being gathered.

For instance, the concrete juice of the Manna-ash (*Fraxinus Ornus*)—the manna of commerce—increases in purgative qualties by age. The Oak-bark, for tanning hides, improves in value for a period of four or five years after it has been stripped from the trunk; in the same manner its medical properties are either diminished or improved, according to the season when the bark is gathered, or the manner in which it is converted into tannic acid for medical or scientific purposes.

It must be apparent to all, that herbs are liable to suffer from the vicissitudes of soil, climate, season, etc., and, as a matter

of course, from these causes, will vary the medical principles attributed to them.

Repeated analysis demonstrates the fact, that specimens of the same plant grown in different localities will vary infinitely in the proportions of the medical principles yielded. Take, for example, the Butterfly-weed, or Pleurisy-root (*Asclepias Tuberosa*), which grows in the barren and sandy soil of New Jersey, and it will be found to yield from one to two hundred per cent. of its medical virtues more than the same plant grown in the rich alluvial soils of the West. Hence, when given as medicine, the quantity must correspond accordingly—be either increased or diminished, in order to secure its proper curative effects upon the system Thus it is seen that a medicine, prepared from plants culled at an improper season, will prove entirely inert or useless, while the same herb gathered at a proper time, in a proper climate, especially and properly prepared, would secure the restoration of a patient from disease to health.

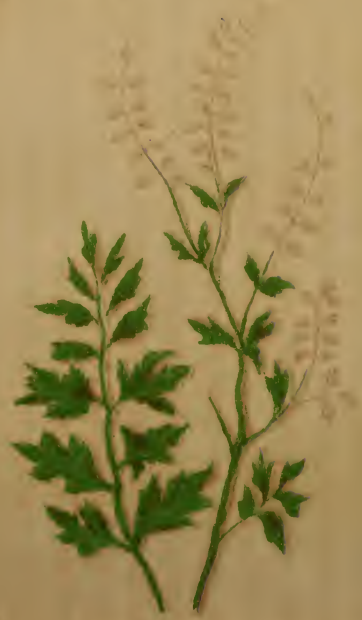
There is likewise a wide difference between the virtues of a plant growing in a wild or *natural* condition from that of the same herb when artificially cultivated. The transference of plants from their native locations, to soils prepared by the hands of man, induces many changes in their individual elements. Many plants formerly used for medicines are now cultivated for the table alone. The small acid root of the *Brassica Rupa* has become the large and nutritious article of diet known as the *turnip*. The dandelion, when grown in natural localities, possesses well-defined medical properties, all of which are lost when the plant is artificially cultivated. In the cultivated plant, the proportions of starch, grape-sugar, and other non-medical principles are largely increased, while that which is gathered in its wild or native state is known to possess rare virtues in affections of the liver, kidneys, and respiratory organs. In the cultivated rose the stamens are converted into petals. The castor oil plant, in Africa, is a woody tree—in our gardens it is an annual. The mignionette, in Europe, is an annual plant, but becomes perennial in the sandy deserts of Egypt.

I repeat, from what has been seen it is evident that all herbs, perhaps, possess some property suitable for medical purposes. These virtues may be found in the root of one plant, in the bark of another, in the leaves of another, in the blossoms of another, in the seeds of another, or in the whole combined. Even the *color* of the flower has much to do with the therapeutic properties of the plant—as for instance the *Blue Vervain*, as used in my Fits and Dyspepsia remedy, is the only kind that is used for medical purposes—all the other species being either entirely useless, or else more or less dangerous.

In fact, it is evident to the comprehension of the simplest mind, that climate and planetary influences have much to do with the full development of plants. This may be illustrated in the *Tobacco* raised in Cuba and that grown in Connecticut—the one being grown in a Southern and the other in a Northern climate. The poison *nicotine* is derived from the tobacco plant, the exhilerating *caffeine* and *theine* are obtained from the coffee berry and tea plant. Thus it is possible that some therapeutic agent or other may be derived from every plant grown on the surface of the globe.

The Red Men of the American forests are never at a loss to know which plant is best, nor the time it should be gathered, to cure him of disease. They know how to treat their complaints in physic, surgery and midwifery, with a skill that far surpasses that of many a learned doctor of the big medical schools, with all their science, and the medical teachings of physicians for upwards of four thousand years. What other guide have the poor Indians—those untutored savages of the woods—but their reason and their instinct, their practical experience in the use of herbs, and their observation of planetary influences upon herbs?

This is the same in the East Indies, South America, South Sea Islands, Patagonia, Africa, and other lands. The negroes in the interior parts of Africa possess a knowledge of the medical properties of plants which is really surprising, and, by consequence, are rarely afflicted with disease. The art of healing in Sumatra consists in the application of plants, in whose medi-



Wormwood

Black Mullein

Sea Wormwood

cal virtues they are surprisingly skilled. In fact, the Sumatrians have a degree of botanical knowledge that surprises the European or American. They become acquainted, at an early age, not only with the names, but the qualities and properties of every shrub and herb among that exuberant variety with which their country abounds.

In gathering herbs for medical purposes, we should not only know the season when they should be culled, but we should be qualified to comprehend the principles of which the plant is composed—whether they be resins, alkaloids, or neutrals—and be able also to separate the one ingredient or element from the other, as a *distinct* medical property, or combine the whole for the purpose of a *compound* medical agent.

To understand these constituent elements of plants, and to be able to adapt them to the cure of all forms of disease, has been the main purpose of my life. With this view, as before remarked, I have traveled in many lands, and made much research into the mysteries of Nature, as developed in the organization of plants, with a success greater than has yet been achieved by any other man now on the face of the globe, as may be seen by referring to the various cases treated, as related in this volume.

Accordingly, the knowledge thus obtained enables me to prepare *four compound* remedies (a full description of which may be found on page 279), in a way that renders their action upon all diseases of the human organism at once direct and certain. Their remedial virtues are always apparent, and never fail to cure, however inveterate or long standing the case of the disease, where the medicines are taken duly and in accordance with the *Hygienic* requirements, which will be found plainly laid down under their proper headings in this volume.

Many of the herbs that I use in these medical compounds are gathered expressly for me, in various countries, by agents exclusively employed by myself, while those of *native* growth are selected usually under my own personal supervision, with the utmost accuracy, at all seasons of the year, or according to

planetary influences, in order to possess their fullest therapeutic virtues from every portion of our own vast country, whether grown in a wild or cultivated state.

Nor is this all that has to be done. Each plant, and every element or ingredient of it—whether the root, bark, leaf, flower or seed—are submitted to a most rigid chemical analysis, in order to ascertain the relative amount of their medical virtues, or the quantity, purity and strength of each, before a single principle or element can be used as a component part of any of the remedies which are prepared in my own laboratory, under my own ever-watchful care and supervision. But, in order that all may be readily benefitted by this volume, whether desiring to purchase my remedies or not, or whether living in localities so far distant from railroads or expresses, that they cannot receive them, I have given a large number of the most valuable prescriptions that can be found in the Herbal Practice, or as used by me before having discovered the *specific* remedies, as mentioned on page 279.

These prescriptions, as a general rule, may be easily and cheaply prepared by any apothecary, or by any intelligent member of a family or household, care being taken that the herbs used shall be of the best quality. I also present a full description of the *Plants* composing these prescriptions, many of them most beautifully exhibited by life-like illustrations, even to the very colors of the blossom, and general contour of the herb.

My sole object being to do all I can to assist in the relief of suffering humanity, should any one be afflicted with any *complication* of disease, for which none of the remedies I offer seem particularly adapted, he or she may send me a full description of their case, and I will immediately thereupon select *some* remedy that will be certain to reach and cure the particular case, whatever the peculiarities, temperament or idiosyncracy involved in any individual's remedial treatment. My terms shall always be extremely liberal, while in all cases the *advice* shall be gratis. Address Dr. O. Phelps Brown, No. 19 Grand Street, Jersey City, N. J.

FOREIGN AND NATIVE PLANTS.

THEIR MEDICAL PROPERTIES, AND THE INFLUENCE OF CLIMATES AND PLANETS OVER THEM.

ACACIA. Gum Arabic.

Description.—Acacia Arabica, is a small tree or shrub, but which sometimes attains the height of forty feet, with a trunk from three to four feet in circumference. It is sometimes called the *Egyptian Thorn*, or *Egyptian Gum Arabic.* The thorns are sometimes short, sometimes long, or almost wanting. The flowers are small and yellow, in globose heads, etc.

History.—The tree inhabits the Southern portions of Asia, and the upper portions of Africa. The gum flows naturally from the bark of the trees, in the form of a thick and rather frothy liquid, and speedily concretes into tears; sometimes the discharge is promoted by wounding the trunk and branches. The best quality of Gum Arabic is colorless, or very pale yellow-white, shining, transparent, hard, but pulverable, inodorous, and of a sweet and viscous taste. Cold or hot water dissolves its own weight, forming a thick mucilaginous solution.

Government and Virtues.—It is a tree influenced by the *Moon.* The gum is nutritive and demulcent, and exerts a soothing influence upon irritated or inflamed mucus tissues, by shielding them from the influence of deleterious agents, atmospheric air, etc. It is very useful in diarrhœa and dysentery, to remove tenesmus and painful stools, in catarrh, cough, hoarseness gonorrhœa, inflamations, etc. It may be given almost *ad libitum* in powder, lozenge, or solution alone, or combined with syrups, decoctions, etc. [See "*Acacian Balsam,*" page 285.]

ADDER'S TONGUE. Erythronium Americanum.

Description.—This plant, also known by the names of *Dog*

Tooth Violet, Serpent's Tongue, Yellow Erythronium, etc., is a perennial plant, springing from a *bulb* at some distance below the surface, which is white internally, and fawn-colored externally. The leaves are two, pale green with purplish or brownish spots, and one nearly twice as wide as the other. It bears a single, drooping yellow flower which partially closes at night, or on cloudy days.

History.—This is a beautiful plant, among the earliest of our vernal flowers, found in rich open grounds, or in thin woods, throughout the United States, flowering in April or May. The English variety is similar to the above, and possesses the same medicinal properties. The bulb and leaves are the parts used, and impart their virtues to water. The leaves are more active than the roots.

Government and Virtues.—It is an herb under the dominion of the *Moon* and *Cancer*. It is emetic, emollient, and anti-scrofulous when fresh, nutritive when dried. The fresh roots and leaves, simmered in milk, or the fresh leaves bruised and often applied as a poultice to scrofulous tumors or ulcers, together with a free internal use of an infusion of them is highly useful as a remedy, for scrofula. The expressed juice of the plant, infused in cider, is very useful in dropsy, and for relieving hiccough, vomiting, and hematemesis, or bleeding of the lower bowels.

AGRIMONY. Agrimonia Eupatoria.

Description.—Agrimony has a reddish, tapering, not creeping root, with brown stems covered with soft, silky hairs; two or three feet high, and leaves dented about the edges, green above and greyish underneath. The flowers grow at the top of the stem, are yellow, small, and very numerous, one above another in long spikes, after which come rough heads of seeds, hanging downwards, which will stick to garments or anything that rubs against them, sometimes called *Cockleburr* or *Sticklewort*.

History.—This perennial plant is found in Asia, Europe, Canada and the United States, along roadsides, and in fields

and woods, flowering in July and August. Both the flowers and roots are fragrant, but harsh and astringent to the taste; and yield their properties to water or alcohol.

Government and Virtues.—It is an herb under *Jupiter* and the sign of *Cancer*. Is a mild tonic, alterative and astringent. Useful in bowel complaints, chronic mucus diseases, chronic affections of the digestive organs, leucorrhœa or whites, etc. A strong decoction, sweetened with honey, is an invaluable cure for Scrofula, if persisted in for a length of time. It is exceedingly useful in Gravel, Asthma, Coughs and obstructed Menstruation.

Dose.—Of the pulverized leaves, one teaspoonsful may be taken; of the decoction, one wineglassful.

ALDER. Prinos Verticillatus.

Description.—This is an indigenous shrub, of irregular growth, sometimes known as *Winterberry*. The stem is six or eight feet in height, with greyish bark and alternate branches; the leaves are olive green, smooth above and downy beneath; the flowers are small and white, the berries are globular and of a bright scarlet color.

History.—Black alder is common in the United States and England, growing in moist woods, swamps, etc., flowering from May to June, and maturing its fruit in the latter part of Autumn. The bark and berries are used for medicinal purposes. It has a bitterish, sub-astringent taste, and yields its properties to water by infusion or decoction. The berries have a sweetish taste, and yield their virtues to water or alcohol.

Government and Virtues.—It is a shrub of *Venus*, under the sign of *Cancer*. It is tonic, alterative and astringent, It is very beneficial in jaundice, diarrhœa, gangrene, dropsy, and all diseases attended with great weakness. Two drachms of powdered bark, and one of powered golden seal, infused in a pint of boiling water, and when cold, taken in the course of the day, in doses of a wine-glassful, and repeated daily, has proved very efficacious in dyspepsia. *Externally*, the

decoction forms an excellent local application in gangrene, indolent ulcers, and some affections of the skin. The berries are cathartic and vermifuge, and form with cedar apples a pleasant and effectual worm medicine for children. Dose of the powdered bark from half a drachm to a drachm. Of the decoction, a teaspoonful three or four times a day. Black Alder is an ingredient in several alterative syrups

ALE-HOOF or Ground Ivy.

Description.—This plant is a native of England, and well known by many names, as *Cat's Foot, Ground Ivy, Gill-go-by-ground, Gill Creep-by-ground, Turnhoof, Haynaids,* etc. It spreads and creeps upon the ground : shoots forth roots at the corners of tender-jointed stalks, set with two round, hairy, crumpled and unevenly dented leaves at the joints. With the leaves towards the end of the branches, come forth long, hollow, blueish flowers, with small white spots on the lips that hang down ; the root is small with strings. It grows under hedges, on the sides of ditches, under houses, in shady lanes, and waste grounds. Its flowers come early and abide a great while ; the leaves continue green all the year unless the Winter be sharp and cold.

Government and Virtues.—It is an herb of *Venus.* It is sharp and bitter in taste, and a decoction of it is singularly good for ulcerated Lungs, and all inward wounds. It is excellent for liver complaints, jaundice, wind in the stomach and bowels. It provokes urine and menstruation. The decoction of it in wine, will soon procure ease to those troubled with sciatica, or other gouty or rheumatic affections of the joints. The decoction with a little honey and alum, is a good gargle for sore mouth or throat. The juice of it, boiled with a little honey and verdigris, will wonderfully cleanse fistulas, ulcers, and spreading eating cancers, etc. The juice dropped in the eyes, will help pains, redness, and the watering of them ; likewise, if dropped in the ears help the noise and ringing therein, and improves the hearing.

ALEXANDER.

Description.—Alexander, sometimes called *Alisander*, *Horse Parsley*, *Wild Parsley*, and the *Black Pot Herb*, is too well known in Europe to need any description. It flowers in June and July, and its seeds are ripe in August.

Government and Virtues.—It is an herb of *Jupiter* and therefore friendly to nature, warming cold stomachs, removing obstructions of the liver, spleen, kidneys, bladder, etc., flatulency, stranguary, and to move women's courses. [If the best is not to be had see Magic Assimilant, page 279.] A decoction of either of the leaves or seeds, may be taken freely for the above disorders of the human system.

ALKANET. Anchusa Tinctoria.

Description.—This plant is known in Europe by the names of *Orchanet*, *Spanish Buglow*, and *Enchusa*, but the *Alkanet* proper is the only kind that grows in England. It has a great, thick, red-colored root, with long, narrow, hairy, green leaves, which lie very thick upon the ground. The stalks are encircled with tender, slender, narrower leaves than those at the bottom of the stalks; while the flowers are small, sallow, and reddish color, appearing in July and August The seed ripens soon after, but the roots, (like carrots and parsnips,) are in their prime before the herb runs up to stalk.

Government and Virtues.—This herb is one of the darlings of *Venus*, and sometimes hard to be obtained in its purity. The roots boiled in wine are good for liver complaints, jaundice, spleen, and obstructions of the kidneys and bladder, weak back, and pains thereof. An ointment of the leaves helps old ulcers, burns, scalds, St. Anthony's fire, bruises, falls, green wounds, etc. A vinegar made of the leaves, as you make vinegar of roses, cleanses the face of morphew and other spots and blemishes of the skin.

ALL-HEAL. Prunella Vulgaris.

Description.—All-heal is sometimes called *Hercules' wound-wort.* It has a long, thick root, full of a hot and biting juice,

with large, hairy, ash-tree like, green leaves ; each leaf consisting of five or six pair of wings, set opposite each other on foot-stalks, and having a bitterish taste when chewed in the mouth. It has a strong, round, green stalk, with many joints, and some leaves thereat, growing to the height of five feet. It bears a small yellow flower, and yields seeds of a whitish, yellow, short, flat appearance, having a bitter taste. It flowers usually at the end of Summer in England, although found in blossom in other parts of Europe from May to December, where it is sometimes called *Panay*, *Opapane-wort*, etc.

Government and Virtues.—It is under the dominion of *Mars*, hot, bitter, and choleric in its nature. A decoction is good to expel worms, to provoke urine, and to help all joint aches, etc. Is excellent for cramps, fits, falling sickness, and convulsions, [but is not as good as Blue Vervain, see prepared medicine, page 279,] obstructions of the liver and spleen, kidneys and bladder. It is also good for the toothache, and the biting of mad dogs and venomous creatures.

ALMONDS. The Amygdalus Communis.

Amygdala Amara, Bitter Almonds. *Amygdala Dulcis*, Sweet Almonds. Kernels.

Description.—The almond tree is from ten to eighteen feet high, and grows in the south of Europe, Barbary, and Asia, and yields both the sweet and bitter Almonds. The leaves are of a bright light green, two to four inches long and about three quarters of an inch broad. The flowers are moderately large, pink or white, resembling the peach blossom in color, in pairs, and appearing before the leaves. *Stone*, oblong or ovate, hard in various degrees, always rugged and pitted with irregular holes.

History.—The best of the sweet kind comes from Malaga. The sweet almond kernel is without odor, and of a pleasant flavor ; that of the bitter is also inodorous, unless it be rubbed with water, when it exhales a smell similar to *Prussic* acid. Its taste is similar to that of peach meats. Both varieties

of kernel contain oil ; the *sweet* a fixed oil ; the *bitter*, a fixed oil and an essential oil impregnated with hydrocyanic acid, (Prussic acid.) The oil of Bitter Almonds has a golden color, an agreeable odor, and an acid, bitter taste, and is combustible, burning with a white flame. The oil of Bitter Almonds is a poison acting in the same manner as Prussic acid. One drachm of this oil dissolved in three drachms of alcohol, forms an "essence of almonds," much used by confectioners, perfumers, etc. A soap is made from it, under the name of *Saponaceous Cream of Almonds.*

Government and Virtues.—It is a plant of *Venus*, and opposes the ill effects of *Mars.* Triturated with water, Sweet Almonds produce a white mixture called *emulsion* or *milk of almonds*, which possesses a very remarkable analogy with animal milk. It contains a great quantity of oil, kept in suspension in water by the gum and albumen ; and is used as a demulcent, and as a vehicle for other medicines. The oil in small quantity, acts as a demulcent ; in larger doses, it is laxative. It is frequently employed in cough, diseases attended with intestinal irritation, and for mitigating the acrimony of the urine in calculous affections, etc. *Dose* of the oil is a teaspoonful.

AMARA DULCIS, or Bitter Sweet.

Description.—Amara Dulcis, or Bitter Sweet, is also sometimes called *Mortal*, *Woody Nightshade*, and *Felon-wort.* Its woody stalks grow to the height of a man, and sometimes higher. The leaves fall at the approach of Winter, and spring out again from the same stalk the ensuing Spring. The branch has a whitish bark, with a pith in its centre. The main branch divides into many smaller branches, with claspers that lay hold of what is next to them, as vines do. The leaves are many, longish, somewhat broad and pointed at the ends, and of a pale green color, although growing in no regular order. The flowers are blue, or a purple color, like to violets, standing many together in knots. The berries, at first, are green, but

very red when ripe, tasting sweet at first, and bitter afterwards. The plant is common in England, growing in moist and shady places. The leaves put out about the first of April, the flowers in July, the seeds ripening the following month.

Government and Virtues.—This plant is under *Mercury*, and a notable herb if rightly gathered under his influence. A pound of the leaves and wood bruised or pulverized and boiled in three pints of white wine, then strained and drank in wineglassful doses, is excellent to open obstructions of the liver and spleen ; helps difficulty in breathing, and congestions of blood from bruises and falls, in any part of the body. It is good for the black and yellow jaundice, dropsy, and to cleanse women newly brought to bed. The bruised berries applied to felons will speedily cure them. It is also good for vertigo, or dizziness in the head.

AMARANTH. Amaranthus Hypochondriasis

Description.—This is an annual herb, with a stout, upright stem, from three to four feet high, with oblong green leaves, red spots or tinged with purple, clustering flowers of a bright-red purple, plume-like form.

History.—This plant, known also by the names of *Princes' Feathers*, *Lovely Bleeding*, *Red Cock's-comb*, is cultivated as an ornamental plant, in the gardens of the middle states of America. It is known likewise in England as the *Flower Gentle*, *Flower Velure*, *Floramor*, *and Velvet Flower*. The flowers are not properly flowers, but tutts ; and appear in August, and continue till the frost bites them. The leaves are the parts used, and yield their virtues to water.

Government and Virtues.—It is under the dominion of *Saturn*, and is an excellent qualifier of the unruly actions and passions of *Venus*, though *Mars* also should join with her. Amaranth is astringent. The decoction drank freely, is highly useful in severe *menorrhagia* (profuse menstruation,) in diarrhœa, dysentery, and hemorrhage from the bowels. It is a good local application in ulceration of the mouth and throat, as

a wash to foul, indolent ulcers, and as an injection in Fluor-albus or leucorrhœa, etc.

ANEMONE. Anemone Nemorosa.

Description.—Anemone Nemorosa, sometimes called *Wind Flower*, because the flowers never open but when the wind blows. The seeds, also, (if it bears any at all,) fly away with the wind. It is a delicate and pretty plant, with a creeping root, and a simple erect stem, with a single flower on a naked peduncle, and from six to nine inches high.

History.—This plant is common in Europe and the United States, bearing purplish-white flowers, in April and May. There are several varieties of it, which possess similar properties, but the *A. Palsatilla*, or Meadow Anemone of Europe, is the most active among them. The herbaceous part of the plant is employed in medicine. It is a favorite medicine among the Homœopathic physicians, in a variety of obstinate diseases.

Government and Virtues.—It is under the dominion of *Mars*, being supposed to be a kind of *Crow-foot*. A decoction of the leaves provokes the terms of women mightily. The body bathed with the decoction cures leprosy. It is used in amaurosis and other diseases of the eye, secondary syphilis, cutaneous diseases, and hooping-cough, in doses of one or two grains daily. In the recent state, the leaves bruised and applied to the skin are rubefacient. In large doses, it produces nausea, vomiting, looseness, and bleeding of the bowels. Therefore much caution is required in its use.

ANGELICA. Angelica Atropurpurea.

Description.—This is a well known plant in England, and a particular description of it will be needless.

Government and Virtues.—It is an herb of the *Sun*, in *Leo*, and should be gathered when Sol is in Leo of the Zodiac, the *Moon*, at the same time, applying a good aspect; or it may be gathered in the hour of *Jupiter*, when the Sun is angular to that planet. This plant has many admirable medical proper-

ties. A *powder* of the root helpeth pleurisy, cough, shortness of breath, and other diseases of the lungs and breasts. A syrup of the stalks will do the same. A wine decoction of the root, easeth all pains and torments coming of the cold and wind, helps digestion, removes all stoppages of the liver, and spleen, urine, etc., procureth woman's courses, and discusseth all windiness and inward swellings, etc. An ointment made of the whole plant, is excellent for ulcers of all kinds, cleansing and causing them to heal quickly.

ANISEED. Pimpinella Anisum.

Description.—Anise has a perennial, spindle-shaped, woody root; a smooth, erect, branched stem, about ten or twelve inches in height. The leaves are roundish, heart-shaped, serrated or saw-like at the edges. The flowers are white and small, disposed on long stalks, nine or ten razed, and naked. The *fruit* is ovate, a line and a half, or one-eighth of an inch long, dull brown and slightly downy.

History.—It is a native of Egypt, and a plant of the *Sun.* It is now extensively cultivated in the warmest portions of Europe. The fruit of the Spanish plant is that which is most generally selected for medical purposes. The odor of Anise is penetrating and fragrant, and the taste aromatic and sweetish. Alcohol takes up its properties, water partially so. The *Star Anise,* used in cordials, possesses a taste and odor similar to Anise, but it is procured from the *Illiciam Anisatum,* a plant of Eastern Asia. The volatile oil obtained from it is fraudulently substituted for the European oil of Anise.

Government and Virtues.—Plant of Mercury. Stimulant and carminative; used in flatulency, flatulent colic of infants, and to remove nausea. It is sometimes added to other medicines to improve their flavor, correct griping and other disagreeable effects. It is also a valuable addition to cough medicines. The oil extracted from the seeds, dissolved in alcohol, an ounce of the former to a pint of the latter, forms what is called the

essence of Anise. Dose of the essence, from thirty drops to a teaspoonful in sweetened water. The dose of the seed, crushed or powdered, is from twenty to forty grains.

ARCHANGEL. Angelica Archangel.

Description.—It has divers, square, hairy stalks, at the joints of which grow sad green leaves, dented about the edges. The flowers are of pale-reddish color, the seeds appearing three or four in a husk. The root is small and thready, perishing every year. The whole plant has a strong but not offensive smell. All varieties are natives of England, and flower from the beginning of Spring all Summer long.

Government and Virtues.—It is a plant of *Venus*, hotter and dryer than the Stinging Nettle in its nature. The flowers of the White Archangel, in decoction, is good for the whites, and those of the red to stay the menses. A decoction of either kind, makes the heart merry, drives away melancholy, and quickens the spirits. An ointment made of the whole plant, will discuss the Kings Evil, all Scrofulous tumors, and give ease to the gout, sciatica, and other pains of the joints and and sinews. Good, also, to heal green wounds and old ulcers, and prevent them from fretting, gnawing, and spreading. The chief use of the different varieties, is in female complaints, as leucorrhœa and menstruation.

ASARABACCO. Asarum Europeaum.

Description.—It is like an evergreen, keeping its leaves all the Winter, and putting forth new ones in the Spring. It has many heads rising from the roots, from whence come many smooth leaves of a dark green, shining color above, and pale yellow green beneath. The roots spread divers ways, but do not creep on the ground.

History.—It grows in moist, hilly woods, and presents a bell-shaped, dingy-brownish, red flower from May to August. The root and leaves are used in medicine. The root, when dried, has a pepper-like odor, spicy taste, and yields an ash-colored powder. Its properties are taken up by aclohol or water.

Government and Virtues.—It is a plant under the dominion of *Mars*, and therefore inimical to Nature. It is emetic, cathartic, and errhine, principally used in certain affections of the brain, eyes, face, and throat, toothache, and paralysis of the mouth and tongue. It is used by drunkards in France to produce vomiting. It should not be used, unless by advice of some attending physician.

The *dose* is from ten to twelve grains. To promote vomiting it is taken in half drachm or drachm doses.

AYA-PANA. Aya-pana Eupatorium.

Description.—While traveling in Paraguay, South America, some years ago, I became acquainted with a species of *Eupatorium* or *Lungwort* called *Aya-pana*, possessed of most extraordinary virtues in Consumption and other diseases of the chest. In Paraguay, which is a very paradise on earth, numerous medicinal herbs of exceeding great value grow to the greatest perfection. The *Aya-pana* belongs to the class of *Eupatorium Perfoliatum*, though quite unlike the *Lungwort* and *Thorough-wort* indigenous to North America. The *Aya-pana* is only found on the eastern slope of the Andes, on the mountain sides, along the sunny banks of streams and beautifully luxuriant on all the tributaries to the Amazon, and La Plata especially. It is a perennial plant, with numerous erect, round hairy stems, five to ten feet high, the stalk plain below, but branching out in numerous stems near the top. The leaves grow on the opposite sides of the stalk in pairs, each pair being joined at the base. The direction of each pair of leaves is at right angles with that of the pair either above or beneath. The leaves are long and narrow, broadest at the base where they coalesce, gradually tapering to a seriated point, wrinkled, paleish green on the under surface, and beset with white silken hairs, which add much effect to their greenish gray color. The flowers are snow-white, slightly tinged with a purplish hue at the end, very numerous, supported on hairy peduncles. The calyx is cylindrical, and composed of imbricated, lanceolate, hairy scales, inclosing

from twelve to fifteen tubular florets, having their border divided into five spreading segments. There are five black anthers united in a tube, through which a bifid filiform style projects above the flower, rendering the whole a beautiful and picturesque plant.

Government and Virtues.—It flowers constantly during the dry or sunny season, the blossoms and leaves being only used for medicinal purposes. The flowers are better than the leaves, have an aromatic odor, resembling slightly chamomile, and possess a strong bitter taste, somewhat like horehound or quassia, which virtue is imparted either to water or alcohol. Resin, gum, balsam, and mucilage are among the principal constituents of the flowers. The flowers are gathered in the morning on sunny days, carefully dried in the sun, or by artificial heat, when they are put up in bags or cedar boxes, and become ready for medicinal use. Prepared in this way, the flowers and leaves retain their properties for years, improving in their virtues by age, adding to their rich honey-like yellow coloring matter, when distilled for medical purposes.

This is decidedly a plant of the *Sun*, inasmuch as it delights in the sunlight, in the glorious rays of the Orient, on the eastern slopes of the Andes, where the first beams of Aurora illumine the great waters of the Atlantic, and is never found on the moonlight Pacific regions of the Occident. It is always found in the sign of *Leo* or *lion*, and therefore at once shows its great influence over the valvular action of the heart, its healthful invigoration of the arterial and venous systems, and its wonderful power in expelling carbonic acid from the air-cells, and pulmonary vessels, prior to the elimination of rich vermillion blood, through the great aorta of the human economy. (See "*Acacian Balsam*," page 291.)

BALM. Melissa Officinalis.

Description.—Balm is a well-known perennial herb, with upright, branching, four-sided stems, from ten to twenty inches

high. The leaves are broad and opposite, and the flowers pale yellow.

History.—Balm is a native of France, but naturalized in England and the United States. It grows in fields, along road sides, and is well known as a garden plant, flowering from May to August. The whole plant is officinal, or medicinal, and should be collected previous to flowering. In a fresh state, it has a lemon-like odor, which is nearly lost by drying. Its taste is aromatic, faintly astringent, with a degree of persistent bitterness. Boiling water extracts its virtues. Balm contains a bitter extractive substance, a little tannin, gum, and a peculiar volatile oil. A pound of the plant yields about four grains of of the oil, which is of a yellowish, or reddish yellow color, very liquid, and possessing the fragrance of the plant in a high degree. The *Nepeta Citriodora*, a powerful emmenagogue, is sometimes cultivated and employed by mistake for Balm. It has the same odor, but may be distinguished by having both surfaces of the leaves hairy.

Government and Virtues.—It is an herb of *Jupiter* under *Cancer* and strengthens much in all its actions. It is moderately stimulant, diaphoretic and antispasmodic. A warm infusion drank freely, is very serviceable to produce sweating, or as a diaphoretic in fevers. It is also very useful in painful menstruation, and also to assist the courses of females. When given in fevers, it may be rendered more agreeable by the addition of lemon juice. It is very good to help digestion and drive away melancholy, and troublesome thoughts and cares out of the mind. It will make the heart merry, and revive the spirit in swooning and fainting spells. The herb bruised and boiled in a little wine and sweet oil, and laid warm on a boil, will ripen and break it. The infusion may be taken at pleasure, without any injury to the system.

BALMONY. Chalone Glabra.

Description.—Balmony, also known as *Snake-head*, *Turtle-bloom*, *Turtle-head*, *Salt Rheum-weed*, is a perennial, smooth, herbaceous plant, with a simple, erect, somewhat four-sided

Dock

Dropwort

Devil's Bit

stem, about two or three feet high. The leaves are smooth and of a dark shining green. The flowers are of many colors, large and inodorous, very ornamental according to the variety of the plant.

History.—This valuable medical plant is found in the United States, in damp soils, flowering in August and September. The leaves are the parts used, they are exceedingly bitter, but inodorous, and communicate their properties to both water and alcohol.

Government and Virtues.—It is governed by *Saturn.* It is tonic, cathartic, and anthelmintic ; very valuable in jaundice, hepatic or liver diseases, and for the removal of worms. In small doses, it is a good tonic in dyspepsia, debility of the digestive organs, and during convalescence from febrile and inflammatory diseases. An ointment made from the fresh leaves, is valuable for piles, inflamed breasts, tumors, and painful ulcers.

Dose.—Of the powdered leaves, one drachm. Of the tincture one or two teaspoonsful. Of its active principle, *Chelonin,* one or two grains.

BARBERRY. Berberis Vulgaris.

Description.—Barberry is an erect, deciduous shrub, from three to eight feet high, with leaves of an ovobate-oval form, terminated by soft bristles, about two inches long, and one-third as wide. The flowers are small and yellow, in clusters, and the fruit bright red, oblong berries, in branches, and very acid.

History.—This shrub is found in the New England states, on the mountains of Pennsylvania and Virginia, among rocks, and hard gravelly soil. Occasionally it is found in the West on rich grounds. It flowers in April and May and ripens its fruit in June.

Government and Virtues.—It is a plant of the *Moon,* tonic, and laxative, indicated in jaundice, chronic diarrhœa and dysentery. The berries form an agreeable acidulous draught, useful as a refrigerent in fevers, the bark is bitter and astringent, and used in the treatment of jaundice. The bark of the root is the

most active; a teaspoonful of the powder will act as a purgative. A decoction of the bark or berries will be found of service as a wash or gargle in apthous sore mouth and chronic opthalmia.

BEAD TREE. Melia Azedarach.

Description.—This is an elegant tree, sometimes known as *Bead Tree, Pride of China*, etc. It has a trunk about a foot and a half in diameter and obtains the height of thirty or forty feet; rough bark, lilac colored flowers, and a fruit of the size of a small olive, with one five-celled bony nut; cells one-seeded.

History.—It is a native of China, but cultivated in the warm climates of Europe and America. It does not grow to any extent north of Virginia, and flowers early in the Spring. Its name of *Bead Tree* is derived from the use to which its hard nuts are put in Roman Catholic countries, viz—for making rosaries. The recent bark of the root is the most active part for medicinal purposes; it has a disagreeably bitter taste, and a very unpleasant odor, and imparts its properties to water at 212° F.

Government and Virtues.—It is governed by *Mercury*. The bark is anthelmintic, and in large doses narcotic and emetic. It is useful in worm fevers, and in infantile remittents, in which, although worms are absent, yet the symptoms are similar to those accompanying the presence of worms.

Dose of the powderred bark, twenty grains. Of the decoction, (which is the best form for administration—two ounces of the bark to a pint of water, and boiled down to half a pint,) a table-spoonful every one, two, or three hours, till the desired effect is obtained. A purgative should follow its employment.—[See "*Renovating Pill,*" page 294.]

The fruit is somewhat saccharine, and is an excellent remedy to expel worms. Its pulp is used as an ointment for destroying lice and other octozoa, as well as in treatment of scald head and other diseases of the skin. The oil of the nuts is useful as a local application in rheumatism, cramps, obstinate ulcers, etc.

BEETS. Beta Vulgaris.

Description.—There are two varieties of the Beet, the *White*, and *Red*, so well known that they need not be particularly described. Both varieties are extensively cultivated in Europe and America, chiefly as an article of diet, and to some extent, for the manufacture of sugar. The word *Beta* is derived from the Celtic *bett*, meaning red.

Government and Virtues.—The *red* beet is governed by *Saturn*, and the white by *Jupiter*, therefore, their medical qualities are different. The *white* kind is good for all obstructions of the liver, spleen, kidneys, and bladder; and the *red* for fluor albus and irregular menstruation.

The Red kind has emmenagogue, refrigerant, antiseptic, absorbent and demulcent properties. The leaves are useful for local inflammation, carbuncles, bruises, sore eyes, etc., and the root itself, cut in slices is also beneficial for local inflammation. The beet, as an emmenagogue is very mild in its action, exciting the menstrual secretions, without any unusual degree of pain, lassitude or pressure. The true office of an emmenagogue is to restore *lost* or diminished secretions, which certainly is not indicated or expected in cases of pregnancy. Therefore its use in pregnancy is to produce abortion. A strong gin decoction of the root is used. The powder called *Betni*, may be given in three to six grain doses, every four hours, for suppressed menstruation, commencing about four days before the expected flow. A hip bath will greatly aid this or any other emmenagogue agent.

WOOD BETONY. Betonica Officinalis.

Description.—This plant has many leaves rising from the root, broad and round, and indented about the edges, and standing upon long foot-stalks. From these rise up, small, slender, upright, hairy stalks, with leaves at the joints, smaller than the lower, whereon are set several spiked heads of flowers like Lavender, but thicker and shorter, and of a reddish or purple color, with white spots in the upper and lower parts. The seeds are blackish, long, and uneven, and contained within

the husks that hold the flowers. The roots are many white, thready strings. The stalk perishes, but the roots with some leaves abide all Winter. The plant is small, and a native of England. It grows usually in woods, and delights in shady places. It is in its prime in May, yet it does not flower till July, the seeds quickly ripening afterwards.

Government and Virtues.—It is a plant of *Jupiter*, in the sign "Aries." The decoction is an excellent remedy for dyspepsia or indigestion, or those that have weak stomachs, sour belchings, and continual rising of acid from the stomach. It is also good for liver complaints, jaundice, falling sickness or fits, convulsions, shrinking of the sinews, palsy, dropsy, pain in the head, etc. The *powder* mixed with pure honey is likewise beneficial in coughs, colds, wheezings, shortness of breath, and pains in the sides and back, and for incipient consumption, griping pains in the bowels, and wind colic. A *decoction* helps to bring down menstruation, and is of especial use for those troubled with the falling of the womb and the pains thereof. It expels all obstructions in the kidneys and bladder. It stays bleeding at the mouth and nose, and other hemorrhages, and is useful in ruptures and bruises by falls, etc. The green herb bruised, or an *ointment* made of it, will draw away broken bone or splinter, or thorn, or glass, or other thing from the flesh, and is valuable in all old sores, fistulas and ulcers. The fumes of the decoction while warm, received by a flannel into the ears, eases ear-ache, and cures offensive discharges from them. The *root* of the Wood Betony is very displeasing to the taste and stomach, whereas the leaves and flowers, by their sweet and spicy taste, are very comfortable as a medicine. It is certainly a very precious herb, and worthy to be kept in every household, both in syrup, conserve, oil, ointment, and plasters. The flowers are usually conserved.

The *Water Betony* is an excellent remedy for nausea; but makes a good *ointment* for ulcers, etc., while the *distilled* water of the leaves may be used to remove freckles and sunburns from the face.

BETH-ROOT. Tulliam Pendulum.

Description.—This plant is variously known as *Wake Robin, Birth-root, Indian Balm, Lamb's Quarter, Ground Lily, etc.* It is an herbaceous, perennial plant, having an oblong tuberous root, from which arises a slender stem from ten to fifteen inches in height. The leaves are three in number, from three to five inches in diameter, etc.

History.—This plant is common in the Middle and Western states, growing in rich soils and shady woods, flowering in May and June. There are many varieties, all possessing analogous medical properties. These plants may be generallly known by their three net veined leaves, and their solitary terminal flower, which varies in color in the different species, being whitish-yellow, and reddish-white. The roots have a faint turpentine odor, and a peculiar aromatic and sweetish taste. When chewed, they impart an acid, astringent impression to the mouth, causing a flow of saliva and a sensation of heat in the throat and fauces.

Government and Virtues.—Beth-root is a plant of *Jupiter*, mollified by *Venus*. It is astringent, tonic, and antiseptic, and is successfully employed in bleeding from the lungs, kindeys and womb, excessive menstruation, and likewise in leucorrhœa or whites, and cough, asthma, and difficult breathing. Boiled in milk it is of eminent benefit in diarrhœa and dysentery. The root made into a poultice is very useful in tumors, indolent and offensive ulcers, stings of insects, and to restrain gangrene ; and the leaves boiled in lard are a good application to ulcers, tumors, etc.

Dose of powdered root is one drachm, to be given in hot water. A strong infusion of from two to four fluid ounces, is the most common form of administration. The red Beth-root will check ordinary epistaxis, or bleeding of the nose. The leaves boiled in lard is a good external application in ulcers and tumors. A strong infusion of powdered Beth-root, of from two to four table-spoonsful is the most pleasant form of administration of this valuable remedy.

BIRD'S FOOT. Ornithopus.

Description.—This plant is indigenous to England. It is a small herb, not above a span in height, with many branches spread upon the ground, set with many wings of small leaves. The flowers are small and numerous, of a pale yellow color, being set a-head together, which afterwards turn into small jointed pods, well resembling the claw of small birds, whence the plant takes its name. It grows on heaths and untilled places, producing flowers and seeds at the end of Summer.

Government and Virtues.—It is a plant of *Saturn*, and of a drying, binding quality. A decoction is good for kidney and bladder diseases, stone, gravel, rupture, etc., while an ointment is good for all kinds of globular swellings, indolent tumors, etc.

BISHOP'S WEED. Ammi.

Description.—This plant is indigenous to England and Wales, and is known by many names, as *Ethiopian Cummin seed*, *Cummin-royal*, *Herb William* and *Bull-wort*. It rises up with a round, straight stalk, from three to six feet high, beset with many small long and broadish green leaves, dented about the edges. The flowers are white, and turn into small round seeds, little bigger than a parsley seed, of a quick, hot scent and taste. The root is white and stringy, perishing yearly, and rising again from its own sowing.

Government and Virtues.—It is a plant of *Venus*. It is a good aphrodisiac, provoking amorous desires ; and is useful in provoking urine, menses, and easing pains and gripings in the bowels. Mixed with honey, it removes the black and blue marks coming of blows or bruises, etc.

BITTER ROOT. Apocynum Androsæmifolium.

Description.—This is a smooth, elegant, indigenous plant, with a large perennial root, and a stem five or six feet high, the leaves dark green, and the flowers white, tinged with red.

History.—This plant, sometimes called *Dogs-bane Milkweed*, etc., is indigenous to the United States, growing in dry, sandy

soils, and in the borders of woods, from Maine to Florida, flowering from May to August. When any part of the plant is wounded, a milky juice exudes. The large, milky root, is the part used for medicinal purposes.

Government and Virtues.—It is a plant of *Venus.* Emetic, diaphoretic, tonic and laxative. It is very valuable in all liver or chronic hepatic affections. In conjunction with *Mernisfernum*, it is excellent in dyspepsia and amenorrhœa. When it is required to promptly empty the stomach, without causing much nausea, or a relaxed condition of the muscular system, the powdered root may be given in two or three scruple doses ; but much prostration is apt to ensue. As a laxative, it is useful in constipation. As a tonic, ten or twenty grains may be given to stimulate the digestive apparatus, and thus effect a corresponding impression on the general system. It is also useful as an alterative in rheumatism, scrofula and syphilis.

BLACKBERRY. Rubus Villosus.

Description.—There are many species growing in the United States, known under the names of *Blackberry, Dewberry or Low Blackberry, Red Raspberry, etc.* The *Blackberry* is a perennial, half shrubby plant, its root woody and knotty, sending up a tall, branching, slender and prickly stem, from three to six feet high, the leaves in threes, fives, and sometimes solitary; flowers large, and the fruit at first green, then red, and finally black when matured.

History.—The Blackberry grows abundantly in most parts of the United States, in old fields, by the road-side, and on the borders of thickets, flowering from May to July, and maturing its fruit in August. The root is the part used, all varieties possessing similar medical properties. The *bark* of the old roots, or the smaller roots of the Dewberry and Blackberry should always be preferred, as the woody portion is inert. They impart their virtue to water, alcohol or Port-wine, and contain a large quantity of tannic acid, with bitter extractive matter. The *fruit* of these plants is much esteemed as an article of diet, and has been manufactured into cordials, jam,

jelly and syrup. These contain volatile oil, citric and malic acid, sugar, mucilage, etc.

Government and Virtues.—It is a shrub of *Jupiter.* An infusion or decoction of the leaves of the Raspberry, or of the bark of the roots of the other two, is an excellent remedy in diarrhœa, dysentery, cholera infantum, relaxed condition of the bowels of children, passive discharges of blood from the stomach, bowels or uterus, and in the colloquative diarrhœa of Consumption. The leaves of Raspberry in decoction with cream, will allay nausea and vomiting, and increase the activity of uterine contraction in child-labor, in instances where ergot has failed. The decoction is used in leucorrhœa, and prolapsus uteri and ani. The *fruit*, especially that of the Blackberry, makes an excellent syrup, which is of much service in dysentery, being pleasant to the taste, and mitigating the accompanying tenesmus, straining, bearing down, and pain or suffering of the patient, and ultimately effecting a cure. Rasberry syrup, added to water, is a refreshing and beneficial beverage for fever patients, and during convalesence.

Dose of the decoction, from a wine-glassful to a tea-cupful several times a day; of the pulverized root bark, the dose is from twenty to thirty grains. A decoction of the *Rose flowery Raspberry* is a powerful diuretic, and may be used freely in dropsy, and urinary affections.

BLACK COHOSH. Cimicifugia Racemosa.

Description.—Black Cohosh is variously known as *Rattleroot, Black Snake root, Squaw root*, is a tall, leafy, perennial herb, having a large, knotty root, with long, slender fibres, and a simple, smooth, furrowed stem, from three to nine feet high, and bears a small, fetid flower.

History.—It is a native of the United States, inhabiting upland woods and hill sides, and flowering from May to August. The root is the medicinal part. It contains a resin to which the names of *Cimicifugia* or *Macrotire* have been given; likewise fatty substances, starch, gum, tannic acid, etc. The

Alkanet.

Nicaya

Vervain

leaves of *Cimicifugia* are said to drive away bugs, hence its name from *cim*, a bug, and *fugo*, to drive away.

Government and Virtues.—It is a plant of *Mercury* influenced by *Venus*. It is a very active and useful remedy in many diseases. It is slightly narcotic, sedative, antispasmodic, and exerts a marked influence over the nervous system. It is successfully used in cholera, periodical convulsions, fits, epilepsy, nervous excitability, asthma, delirium tremens, and many spasmodic affections, and in Consumption, cough, acute rheumatism, neuralgia, and scrofula. Also, very valuable in amenorrhœa, dysmenorrhœa, and other menstrual and uterine affections, leucorrhœa, etc. The saturated tincture of the root is a valuable embrocation in all cases of inflammation of the nerves, tic doloreux, *crick* in the back or sides, rheumatism, old ulcers, etc. It has an especial affinity for the uterus, and as it reduces very materially the arterial action, it is, hence, very useful in palpitation of the heart, and cardiac affections generally.

Dose.—Fluid extract, half a drachm to two drachms; solid extract, four to eight grains. Of the tincture the dose is from one to three teaspoonsful. Of *Cimicifugia* the dose is from one to six grains.

BLAZING STAR. Liatris Spicata.

Description.—There are several varieties known by the name of *Button Snake-root*, *Gay Feather*, *Devil's Bit*, *etc.* It has a perennial, tuberous root, and an erect, annual stem, from two to five feet in height. The flowers are of a bright blue color, one on from eight to twelve spikes.

History.—All the above plants are splendid natives, and flowering through August and September. They all possess medical properties analagous to each other. The roots are the officinal parts. They are all tuberous, with fibers, and have a hot, somewhat bitter taste, with considerable acrimony, and an agreeable turpentine odor.

Government and Virtues.—They are under the government of *Mars*. They are diuretic, with tonic, stimulant, and emmena-

gogue properties. A decoction is very efficacious in gonorrhœa, gleet, and diseases of the kidneys and bladder, in doses of from half a tea-cupful to a teacupful, three or four times a day. It is useful in Scrofula, Dysmenorrhœa, Amenorrhœa, after-pains, etc. It is likewise of advantage as a gargle in sore throat, and as an injection in leucorrhœa. It is also celebrated for its alexipharmic powers in bites of snakes and other venomous creatures.

BONESET. Eupatorium Perfoliatum.

Description.—Boneset, or *Thorough-wort*, as it is called, is an indigenous perennial herb, with a horizontal crooked root; the stems being round, stout, rough, and hairy, from one to five feet high, and the leaves very rough and veiny, and tapering to a long point; the flowers white and very numerous.

History.—Boneset grows in low grounds, on the borders of swamps and streams, throughout the United States, flowering in August and September. The tops and leaves are the parts used. It has a feeble odor, but a very bitter taste. Alcohol or boiling water extracts its medicinal properties.

Government and Virtues.—This is a plant of *Mercury*. It is a very valuable medicinal agent. The cold infusion or extract, is tonic and aperient, the warm infusion, diaphoretic and emetic. As a tonic, it is very useful in remittent, intermittent, and typhoid fevers, dyspepsia, and general debility. In intermittent fever a strong infusion as hot as can be comfortably swallowed, is administered for the purpose of vomiting freely. This is also attended with profuse diaphoresis, and sooner or later, by an evacuation of the bowels. During the intermission, the cold infusion, or extract is given every hour as a tonic and anti-periodic. In epidemic influenza, the warm infusion is valuable as an emetic and diaphoretic, likewise in febrile diseases, catarrh, colds, and wherever such effects are indicated. The warm infusion is also administered to promote the operation of other emetics. *Externally*, used alone, or in combination with hops or tansy, etc., a fomentation of the leaves applied to the

bowels, is very useful in inflammation, spasms and painful affections.

Dose of the powder, from ten to twenty grains; of the extract, from two to four grains; of the infusion, from two to four wine-glassesful—[See the Remedy called the "*Magic Assimilant*," on page 279.]

BURDOCK. Arctium Lappa.

Description.—This plant is too well known to be described.

Government and Virtues—*Venus* claims this herb. It is chiefly useful in prolapsus, keeping the womb in place. It is used for other diseases, but not with reliable results.

BURNET. Pimpinella Saxifraga.

Description.—This plant, called *Pimpinella* is too well known to require a description of it. It grows frequently in gardens, but the wild kind is only used for medicinal purposes. It flowers in July, and ripens the seed in August.

Government and Virtues—It is a plant of the *Sun*, and thus very useful to preserve good health and spirits. Being of an astringent nature, a decoction is valuable in all manner of fluxes, bleedings, whites, etc.

CALAMUS. Sweet Flag. *Acorus Calamus.*

Description.—Calamus has a fleshy, thick, creeping, rather spongy *rhizome*, or root, with many long fibres. The rhizome is somewhat flat, jointed at intervals of half to one inch, and is of a pale, greenish-white color externally. The *leaves* are long, erect, of a bright green, near an inch in width, somewhat reddish below, and sheathing at their lower extremities. The *stalk*, like the leaves, are thicker below the *spadix*, and not quite so tall. The spadix is about three inches long, sessile, cylindrical, tapering, emerges laterally from its scape near its centre, and is covered with numerous, thick-set, small, *pale-green*, or *yellow* flowers, which have no scent except when bruised. Sweet Flag is too well known to require any further description.

History.—This perennial herb grows in all parts of the world, in damp or watery places, as swamps, meadows, etc., and flowers from April to July. The *rhizome* is the part employed. It should be gathered in the months of October and November, cleansed of its fibres and dirt, and dried quickly in a room gently warmed. The dried roots of commerce are in compressed pieces, from three to six inches long, of a light brown or fawn color externally, whitish, or of a slight roseate hue internally, corrugated outside, and of a spongy or corky texture internally. It has an agreeable, aromatic odor, and a peculiar, warm, bitterish taste. Water or alcohol takes up its medicinal virtues. The essential oil is lighter than water, and is pale yellow, very odorous and pungent.

Government and Virtues.—It is under the dominion of the *Moon.* The root is carminative, slightly tonic and excitant, and forms a useful adjunct in other tonics and stimulants. It may be used in cases of flatulant colic, dyspepsia, feebleness of the digestive organs, and to aid the action of bark or quinia in intermittent fevers. It forms an excellent substitute in syrup for Godfrey's cordial. Externally it is a valuable application to indolent ulcers, and to keep up the discharge from blistered surfaces and issues.

It helps all lasks and fluxes, whether of blood or humors, as bleeding at the mouth, nose, or other parts ; bloody flux or dysentery, and the immoderate flow of menstruation. The distilled water of the whole herb, flowers and roots is a sovereign good remedy for watering eyes, both to be dropped into them, and to have cloths or sponges wetted therein, and applied to the forehead. The said water fomented is useful in swellings and inflammations of women's breasts ; also, in cancers, and those spreading ulcers called *noli me tangere.* An ointment made of the flowers is excellent for all foul external ulcers.

Dose.—Of the *infusion,* (made by scalding four drachms of the root, coarsely bruised, in one pint of water,,) one to two wineglassesful. Of the Powdered root, one to two scruples.

In flatulant colic of infants, one to two tea-spoonsful of the infusion.

CELANDINE. Chelidonium Majus.

Description.—This plant, sometimes known as Tetterwort, is an evergreen perennial, with a stem from one to two feet in height, branched, swelled at the joints, leafy, round and smooth; the leaves are smooth, spreading, very deeply pinnatifid; leaflets in from two to four pairs, from one and a half to two and a half inches long and about two thirds as broad, the terminal one largest, all ovate, cuneately incised or lobed; the lateral ones sometimes dilated at the lower margin, near the base, almost as if auricled; color of all, a deep shining green; the flowers are bright yellow, umbellate, on long, often hairy stocks.

History.—Celandine, is a pale-green, fleshy herb, indigenous to Europe and naturalized in the United States; it grows along fences, by-roads, in waste places, etc., and flowers from May to October. If the plant be wounded, a bright yellow offensive juice flows out, which has a persistent, nauseus, bitter taste, with a biting sensation in the mouth and fauces. The root is the most intensely bitter part of the plant, and is more commonly preferred. Drying diminishes its activity. It yields its virtues to alcohol or water.

Government and Virtues.—It is an herb of the *Sun*, and under the celestial *Lion*. It is stimulant, acrid, alterative, diuretic, diaphoretic, purgative and vulnerary. It is used internally in decoction or tincture, and externally in poultice or ointment, for scrofula, cutaneous diseases, and piles. It is likewise good in hepatic affections, or liver complaints, and exerts a special influence on the spleen. As a drastic hydragogue, or purge, it is fully equal to gamboge. The juice when applied to the skin produces inflammations, and even vesications. It has long been known as a caustic for the removal of warts; it is also applied to indolent ulcers, fungous growths, etc., and is useful in removing specks and opacities of the cornea of the eye.

Celandine is from the Greek word *Chelidon*, which signifies a swallow. The ancients assert that if you put out the eyes of young swallows when they are in the nest, the old ones will recover their eyes again with this herb. It is said that we may mar the apple of the bird's eye with a needle, and that the old birds will restore their sight again by means of this herb. Never having made any such cruel experiments, I am not prepared to say whether any such miraculous power of healing loss of sight is a virtue of the plant, or whether it is an instinct or gift inherent of the swallow itself.

Celandine is also used in curing salt-rheum, tetter, or ringworm. It is superior to *arnica* as a vulnerary; an alcoholic tincture of the root, (three ounces to a pint,) will be found an unrivalled application to prevent or subdue traumatic inflammations. Dose of the powdered root, from half a drachm to one drachm. Of the fresh juice, from twenty to forty drops, in some bland liquid. Of the tincture, from one to two fluid drachms. Of the aqueous extract from five to ten grains.

CENTAURY. Sabbatia Angularis.

Description.—This plant also called *Rose Pink*, has a yellow fibrous, biennial root, with an erect, smooth, quandrangular stem, with the angles winged, having many opposite branches, and growing from one to two feet in height. The leaves are opposite, fine-veined, smooth, entire, from one to five inches in length, and from half an inch to one and a half inches wide, clasping the stem. The flowers are numerous, from an inch and a quarter to an inch and a half in diameter, of a rich rose or carnation color, standing, as it were, at the tops of one umbril or tuft, very like those of *St. John's wort*, opening themselves in the day-time, and closing at night, after which come seeds in little short husks, in forms like unto wheat corn. There are three varieties of the Centaury in England, one kind bearing white flowers, another yellow, and another red. All have medicinal properties, although the American variety is considered preferable to the European Centaury.

History.—This plant is common to most parts of the United

States, growing in moist meadows, among high grass, on the prairies, and in damp, rich soils, flowering from June to September. The whole plant is used. It has a very bitter taste, and yields its virtues to water or alcohol. The best time for gathering it is during the flowering season. In England, they use the red Centaury in diseases of the blood, the yellow in choloric diseases, and the white in those of phlegm and water.

Government and Virtues.—All the European and American varieties of the Centaury are under the dominion of the *Sun*, as it appears that the flowers open and shut as the Sun either shows or hides his face. It is used in all Fall periodic febrile diseases, both as a preventive and a remedy. It is also serviceable as a bitter tonic in Dyspepsia, and convalescence from fevers. When administered in warm infusion it is a domestic remedy for worms, and to restore the menstrual secretion. Dose of the powder, from half a drachm to a drachm. Of the cold infusion, a tea-cupful every two or three hours. Of the tincture, a wine-glassful. Of the extract, from two to six grains. The decoction is also used to cleanse freckles, marks, and spots from the skin.

CINQUE-FOIL. Potentilla Canadenses.

Description.—This is a perennial plant, generally known by the name of *Five finger grass*. It has a stem from two to eighteen inches in length, the flowers are yellow.

History.—Five-finger is common to the United States, growing by road-sides, on meadow banks, and waste grounds, and flowering from April to October. The root is the part used. It has a bitterish, stiptic taste and yields its virtues to water.

Government and Virtues.—It is a plant of *Jupiter*, and therefore strengthening to the body. It is tonic and astringent. A decoction is useful in fevers, bowel complaints, night sweats, menorrhagia, and other hemorrhages. It makes an excellent gargle for spongy, bleeding gums, and ulcerated mouth and throat.

CHAMOMILE. Anthemis Nobilis.

Description.—This is a perennial herb, with a strong root having long fibres ; the stems are about a span long, branched, leafy, round, hollow, furrowed and downy ; the leaves pale green, and the flowers white.

History—Chamomile is indigenous to Southern Europe ; we have also a common or wild Chamomile (*Matricaria Chamomilla*) growing in the United States, but it is not considered as good as the Roman Chamomile for medicinal purposes. The flowers only are used.

Government and Virtues.—It is a plant of *Saturn.* Chamomile is a tonic ; one or two tea-cupsful of the warm infusion will usually vomit. The cold infusion is highly useful in dyspepsia, and in all cases of weak or irritable stomachs, also in intermittent and typhoid fevers. The oil is carminative and anti-spasmodic, and is used in flatulency, colic, cramp in the stomach, hysteria, nervous diseases, and painful menstruation.

Dose.—Half a drachm to two drachms of the flowers. Of the infusion, half a tea-cupful to a tea-cupful. Of the oil, five to fifteen drops on sugar. [See "*Magic Assimilant,*" page 279.]

CHICKWEED. Stellaria Media.

Description.—This plant is the *Alpine Media* of Linnæus, and too well known to require a description of it.

History.—It is a common plant in Europe and America, growing in fields and around dwellings, in moist, shady places. It flowers from the beginning of Spring till the last of Autumn. The seeds are eaten by poultry and birds. The whole herb is used when recent.

Government and Virtues.—Chickweed is a fine, soft, pleasing herb, under the dominion of the *Moon.* It is effectual as Purslain to all the purposes whereunto it serves, except for meat only. It is a cooling demulcent. The fresh leaves bruised, and applied as a poultice to indolent, intractable ulcers, even when of many years standing, will produce most immediate and decided beneficial results, to be changed two or three times

a day. The bruised leaves will likewise be found an invaluable application in acute opthalmia. An ointment made by bruising the recent leaves in fresh lard, may be used as a cooling application to erysipelitous and other forms of ulceration, as well as many forms of cutaneous disease.

CHOCOLATE ROOT. Geum Virginianum. Geum Rivale.

Description.—Chocolate root, is also known as *White Avens, Purple or water Avens, etc.* The *Purple Avens* is a perennial, hairy, deep green herb, bearing a few, sub-globose, nodding, yellowish-purple flowers, standing on auxillary and terminal peduncles. The *White Avens* is also perennial, and has rather small, white, erect flowers, on long, diverging peduncles.

History.—These plants, with other varieties, have long been used in domestic practice. The whole herb contains medicinal properties, but the officinal and most efficient part is the root. Boiling water or alcohol extracts their virtues.

Government and Virtues—It is a plant of *Jupiter.* Is tonic and astringent. It is used in passive and chronic hemorrhages, chronic diarrhœa and dysentery, leucorrhœa, dyspepsia, pulmonary affections, congestions of the abdominal viscera, etc.

Dose of the powder, from twenty to thirty grains. Of the decoction, from two table-spoonsful to a wine-glassful, three or four times a day.

CLEAVERS. Galium Aparine.

Description.—This plant has many common names, as *Goose-grass, Catchweed, Bed straw, etc.* It is an annual succulent plant, with a weak, procumbent, quandrangular, retrosely-prickled stem, which grows from two to six feet high and is hairy at the joints. The leaves are one or two inches in length, and two or three lines in breadth, rough on the margin and tapering to the base. The flowers are white, small and scattered.

History—.This plant is common to Europe and the United States, growing in cultivated grounds, moist thickets, and along banks of rivers, and flowering from June to September. In the green state, the plant has an unpleasant odor; but it is

inodorous when dried, with an acidulous, astringent, and bitter taste. Cold or warm water extracts the virtues of the plant; boiling water destroys them. The roots dye a permanent red.

Government and Virtues—It is under the dominion of the *Moon*. It is a most valuable refrigerent and diuretic, and will be found very beneficial in many diseases of the urinary organs, as suppression of urine, calculous affections, inflammation of the kidneys and bladder, and in the scalding of urine in gonorrhœa. It is contra-indicated in diseases of a passive character, on account of its refrigerant and sedative effects on the system, but may be used freely in fevers and all acute diseases. An infusion may be made by macerating an ounce and a half of the herb in a pint of warm water for two hours, of which, from two to four fluid ounces may be given three or four times a day when cold. It may be sweetened with sugar or honey.

The infusion made with cold water, is also very beneficial in removing freckles from the face, likewise leprosy, and several other cutaneous eruptions; the diseased parts must be washed with it several times a day, and continued for two or three months in cases of freckles. It has also been found useful in many cutaneous diseases, as psoriasis, eczema, lichen, cancer, and scrofula, and is more particularly useful in these diseases when they are combined with strumous diathesis. The best form for administration is that of the inspissated juice, which may be in one or two drachm doses three times a day.

The plant called *Small Cleavers*, the *Galium Tinctorium* is nervine, anti-spasmodic, expectorant, and diaphoretic. It is used successfully in asthma, cough and chronic bronchitis, exerting its influence principally upon the respiratory organs. The plant has a pungent, aromatic, pleasant, persistent taste. A strong decoction of the herb may be given in doses of from one to four fluid ounces, and repeated two or three times a day, according to circumstances. The root of this plant will also dye a permanent red.

COCA. Erythroxylon Coca.

Description.—I first became acquainted with this most remarkable plant, many years ago, while travelling in Bolivia, South America, in the beautiful valleys of the Cordilleras. The Coca is a bush which rarely attains six feet in height, and does not often exceed three. Its foliage is of a bright green, its flowers white, and its fruit small and red. When the plants are just about eighteen inches high they are transplanted from the seed beds into fields called *cocales*. The ripe leaves are gathered with the fingers. They are dried by spreading them in the sun, sometimes on woolen cloths. The operation requires great care, for the plant must be protected from all dampness, which changes its color, and thus diminishes its value. It is then packed in bags, weighing from fifty to one hundred and fifty pounds, which are often transported to great distances. In the Vice-royalty of Lima, in the latter part of the last century, Castelnau represents the consumption of the leaf, at three millions and a half of pounds, and worth one million and a quarter of Spanish dollars, while at the same time the total consumption in Peru was two millions and a half of dollars. The importance of the Coca trade, however, is diminishing as the Red Man disappears. The Indians mix the Coca with a small quantity of lime, and constantly carry a small bag of it in all their excursions. They take it from three to six times a day. Dr. Gschudi [Travels in Peru, page 453,] mentions an Indian of sixty-two years of age, who was employed by him, and though at very hard work for five days took no other nourishment, and rested but two hours of the night. Immediately, or soon after this, he accomplished a journey of one hundred miles in two days, and said that he was ready to do the same thing again if they would give him a new supply of Coca. Castelnau says he himself knew of instances as extraordinary In the time of the *Incas* the Coca was regarded as sacred.

Government and Virtues—It is a plant of *Jupiter*. Its physiological actions are as follows :

1.—It stimulates the stomach and promotes digestion.

2.—In large doses it augments animal heat and accelerates the pulse and respiration.

3.—It induces slight constipation.

4.—In moderate doses, from one to four drachms, it stimulates the nervous system, so as to render it more tolerant of muscular fatigue.

5.—In larger doses it gives rise to hallucinations and true delirium.

6.—Its most precious property is that of inducing the most pleasant visions ("*phantasmagoria*") without any subsequent depression of the nervous energies.

7.—Probably it diminishes some of the secretions.

The Coca has doubtless many other medical properties of a high order, and deserves further investigation.

It stimulates powerfully the digestive functions, while at the same time it exercises a calmative influence over the mucus membranes of the stomach and bowels. In this double action upon the stomach—Stimulant and Calmative—it resembles Colomba.

It is anti-spasmodic, and is of great service in many nervous disorders, and particularly in *Spermatorrhœa*, and all debilities of the generative organs. It is also an excellent dentrifice.

An infusion of the leaves, or a tincture of the flowers, leaves and berries may be used in all cases of spermatorrhœa and nervous debility. Combined with other remedies it may be used with great advantage in Fevers, Pneumonia, Pleuritis, Neuralgia, Hysteria, Dysmenorrhœa, Amenorrhœa, Blenorrhœas, (including Gonorrhœa and Leucorrhœa,) Chorea, Epilepsy, Paralysis, after-pains, convulsions, dyspepsia, delirium tremens, chordea, and to expel worms. I have found the alcoholic tincture of Coca alone, a positive *specific* in SPERMATORRHŒA, seminal weakness, impotence, sterility, barrenness, nymphomania, satyriasis, etc., and now use it extensively for all such nervous disorders. It has never yet failed to meet my expectations—hundreds of such cases have been radically cured by its truly almost miraculous medical properties.

COLTSFOOT. Tussilago Farfara.

Description.—This plant is also called *Cough-wort, Foal's-foot, Horse Hoof, and Bull's foot.* It has a long, perennial, creeping, horizontal *rhizoma* or root, with many fibres. The leaves are heart-shaped, glaucous green above, pure white, and densely cottony with prominent veins beneath. The flowers are large and of a bright yellow.

History.—This plant grows in Europe, the Crimea, Persia, Siberia, and the East Indies, from the sea-shore to elevations of nearly eight thousand feet. It also grows in the United States, in wet places, on the sides of brooks, flowering in March and April. Its presence is a certain indication of a clayey soil. The leaves are rather fragrant, and continue so after having been carefully dried. The leaves are the parts used, though all parts of the plant are active, and should always be employed, especially the leaves, flowers, and root. The leaves should be collected at about the period they have nearly reached their full size; the flowers as soon as they commence opening; and the root immediately after the maturity of the leaves. When dried, all parts have a bitter, mucilaginous taste, and yield their properties to water or diluted alcohol.

Government and Virtues.—The plant is under *Venus.* It is emollient, demulcent, and slightly tonic. The decoction is usually administered in doses of from one to three or four fluid ounces, and is highly serviceable in coughs, asthma, hooping-cough and other pulmonary complaints; also useful in scrofula. The powdered leaves form a good errhine for giddiness, headache, nasal obstructions, etc. It is also used externally in form of poultice to scrofulous tumors.

COMFREY. Symphytum Officinale.

Description.—Comfrey has an oblong, fleshy perennial root, black on the outside and whitish within, containing a glutinous or clammy, tasteless juice, with divers very large, hairy green leaves lying on the ground, so hairy, or so prickly, that if they touch any tender parts of the hands, face or body, it will cause it to itch. The stalks are hollowed and cornered, very hairy,

having leaves that grow below, but less and less up to the top ; at the joints of the stalk, it is divided into many branches, at the ends of which stand many flowers, in order one above another, which are somewhat long and hollow like the finger of a glove, of a pale, whitish color, after them come small black seeds. There is another sort which bears flowers of a pale purple color, having similar medicinal properties.

History.—Comfrey is a native of Europe, but naturalized in the United States, growing on low grounds and moist places, and flowering all Summer. The root is officinal and contains a large amount of mucilage, which is readily extracted by water.

Government and Virtues.—This is an herb of *Saturn,* under the sign of Capricorn, cold, dry, and earthly in quality. The plant is demulcent, and slightly astringent. All mucilaginous agents exert an influence on mucus tissues, hence the cure of many pulmonary and other affections, in which these tissues have been chiefly implicated, by their internal use. Physicians must not expect a *serous* disease to yield to remedies which act on mucus membranes only; to determine the true value of a medical agent, they must first ascertain the true character of the affection, as well as of the tissues involved. Again, mucilaginous agents are always beneficial in scrofulous and anæmic habits. Comfrey root is very useful in diarrhœa, dysentery, coughs, hemoptysis or bleeding of the lungs, and other pulmonary affections ; also leucorrhœa, and female debility : all these being principally mucus affections.

It may be boiled in water, wine, or made into a syrup, and taken in doses of from a wine-glassful to a tea-cupful of the preparation, two or three times a day.

Externally the fresh root, bruised, forms an excellent application to bruises, ruptures, fresh wounds, sore breasts, ulcers, white swellings, etc.

COSTMARY. Balsam Herb.

Description.—This plant is an inhabitant of nearly every

garden, and does not require to be botanically described. It flowers in June and July.

Government and Virtues.—It is under the dominion of *Jupiter*. It provokes urine abundantly; purges choler and phlegm, cutting out that which is foul, tough, and glutinous, hinders putrefaction and corruption, opens obstructions, and heals all diseased mucus tissues. It is good in cachexia, or wartings of the flesh, especially in the beginning of the disease. It helps evil, weak and cold livers, and comforts the bowels and stomach. The seed is given to children for worms, and so is the infusion of the flowers in whites, to the quantity of half a tea-cupful at a time.

COWSLIPS, or Peagles. (*Primrose.*)

Description.—Both the wild and the garden kind, are so well known that no description need be given of them. They flower in April and May.

Government and Virtues.—It is a plant of *Venus*, under the sign *Aries*. The flowers and leaves are used. The flowers are preferred. The distilled water or ointment, takes away spots and wrinkles of the skin, sunburns, freckles, adding beauty exceedingly, or restoring it when lost.

HIGH CRANBERRY. Viburnum Opulas.

Description.—It is a nearly smooth and upright shrub, or small tree, usually from five to twelve feet in height, with several stems from the same root branched above, the leaves are three lobed, three veined, broadly wedged shape, and crenately toothed on the side. The flowers are white, or reddish white; the fruit ovoid, red, very acid, ripens late, and remains upon the bush after the leaves have fallen. It resembles the common Cranberry, and is sometimes substituted for it.

History.—It is indigenous to the northern part of the United States, and Canadas, being a handsome shrub, growing in low rich lands, woods, and borders of fields, flowering in June, and presenting at this time a very showy appearance. The flowers are succeeded by red and very acid berries, resembling low

Cranberries, and which remain through the Winter. The bark is the officinal part, as met with in the drug stores. It is frequently put up by Shakers, when it is somewhat flattened from pressure. It has no smell, but has a peculiar, not unpleasant, bitterish, and astringent taste. It yields its properties to water or diluted alcohol.

An active principle, called *Viburnie*, is in the market, but as its preparation is kept a secret, few physicians care to use it, not being willing to be imposed upon by speculating and designing charlatans.

Government and Virtues.—It is a plant of *Jupiter*. It is a powerful anti-spasmodic, and hence generally known among American practitioners as *Cramp Bark*. It is very effective in cramps and spasms of all kinds, as asthma, hysteria, cramps of females during pregnancy, preventing the attacks entirely if used daily for the last two or three months of gestation.

The following forms an excellent preparation for the relief of spasmodic attacks, viz—Take of Cramp bark, two ounces; scull-cap, skunk cabbage, of each, one ounce; cloves, half an ounce; capsicum, two drachms. Have all in powder, coarsely bruised, and add to them two quarts of sherry or native wine. *Dose* of this, half a wine-glassful two or three times a day.

Dose.—Of the decoction, or vinous tincture one glassful two or three times a day.

It may be here remarked that a poultice of the fruit of the *Low* Cranberry is very efficacious in indolent and malignant ulcers, malignant scarlet fever, applied to the throat, in erysipelas, and other similar diseases. Probably the *High* Cranberry will effect the same result.

CRAWLEY. Corallorhiza Odontorhiza.

Description.—This plant, also known by the various names of *Dragon's Claw, Coral-root*, etc., is a singular, leafless plant, with much branched and toothed coral-like root stalks. The root is a collection of small, fleshy tubers, branched much like coral. The scape is from nine to fourteen inches high—the flow-

ers from ten to twenty, ruigent, in a long spike, of a brownish green color.

History. The plant is a native of the United States, growing about the roots of trees, in rich woods from Maine to Florida, flowering from July to October. The entire plant is destitute of verdure. The root only is used for medicinal purposes. It is small, dark-brown, resembling cloves or a hen's claws, has a strong, nitrous smell, and a mucilaginous, slightly bitter, astringent taste.

Government and Virtues.—The plant is under the government of *Jupiter.* It is probably the most powerful, prompt, and certain diaphoretic in the Materia Medica, but its scarcity and high price prevents it from coming in general use. It is also sedative, and promotes perspiration without producing any excitement in the system. Its chief value is as a diaphoretic in fevers, especially in typhus, and inflammatory diseases. It has proved effectual in acute erysipelas, cramps, flatulency, pleurisy, and night-sweats; it relieves hectic fever without debilitating the patient. Its virtues are especially marked in the low stage of fevers.

Dose.—From twenty to thirty grains of the powdered root, given in water as warm as the patient can drink, and repeated every hour or two, according to circumstances. The powder should always be kept in well closed vials. It constitutes the "*Fever Powders* of some practitioners.

Combined with Carilophyllin it forms an excellent agent in amenorrhœa and dysmenorrhœa, or scanty or painful menstruation, and unsurpassed in after-pains, suppression of lochia, and and the febrile symptoms which sometimes occur at the parturient period.

In fevers, Crawley may be advantageously combined with leptandrin or podophyllin, when it is found necessary to act upon the bowels or liver, and mixed with dioscorien it will be found almost a specific in flatulent and bilious colic.

CROWFOOT. Rananculos Bulbosus.

Description.—It has a perennial, solid, fleshy, roundish root,

which sends up annually, several, erect, round, hairy, and branching stems, from six to eighteen inches high; the leaves are toothed and hairy. Each stem supports several solitary, golden-yellow flowers, upon furrowed, angular and hairy peduncles.

History.—This plant is common in Europe and the United States, growing in fields and pastures, and flowering in May, June, and July. There are a great many varieties, but all possess similar properties, and designated by the general name of *Butter-cup.* When any part of these plants is chewed, it occasions much pain, inflammation, excoriation of the mouth, and much heat and pains in the stomach, if it be taken internally.

Government and Virtues.—This hot and fiery herb is under the influence of *Mars*, and is too acrid to be used internally, especially when fresh.. When applied externally it is powerfully rubefacient and epispastic. The *R. Bulbosa* is the officinal plant. It is employed in its recent state, in rheumatic neuralgia, and other diseases where vessication and counter irritation are indica ed. Its action, however, is generally so violent, that it is seldom used. The beggars use it to produce and keep open sores to excite sympathy. It has been used with success in obstinate cases of nursing sore-mouth—an infusion being made by adding two drachms of the recent root, cut into small pieces, to one pint of hot water, when cold a tablespoonful being given two or three times a day, and the mouth frequently washed with a much stronger infusion.

DAISY. Chrysanthemum Leucanthemum.

Description.—This plant generally known as the Ox-eye Daisy, is too well known to require a description.

History.—This plant was introduced into the United States from Europe and is a very troublesome weed to farmers, in nearly every section. It generally grows from one to two feet high, and bears white flowers in June and July. The leaves are odorous and somewhat acid; the flowers are bitterish; they impart their virtues to water.

Government and Virtues.—It is under *Venus*, in the sign of

Cancer. It is tonic, diuretic, and anti-spasmodic, and in large doses, emetic. It is used as a tonic instead of Chamomile flowers, and is serviceable in hooping-cough, asthma, and nervous excitability. Very beneficial externally and internally in leucorrhœa. Its internal use is highly recommended in colloquative perspiration. Externally it is a good application to wounds, ulcers, scald-head, and some other cutaneous diseases. Dose of the decoction, from a wine-glassful to a teacupful, two or three times a day. The fresh leaves or flowers will destroy or drive away fleas.

DANDELION. Taraxacum Deus-Leonis.

Description.—Dandelion, (Nat. Ord. Cichoracaea,) is an herb, with a perennial, very milky root; the leaves are spreading, numerous, and of a bright shining green; the flowers are of a uniform golden-yellow, and in round heads an inch and a half in diameter, expanded in the morning and fine weather only.

History.—This plant is a native of Greece, but is now found growing abundantly in Europe and the United States, in fields, gardens, and along road-sides, flowering from April to November. The root only is the officinal part, and should be collected when the plant is in flower. Alcohol or boiling water extracts its properties.

Government and Virtues.—It is under the dominion of *Jupiter*. The dried root possesses but little medicinal virtue; but when fresh, is a stomachic, and tonic, with slightly diuretic and aperient actions It has long been supposed to exert an influence upon the biliary organs, removing torpor and engorgement of the liver as well as of the spleen, it is also reputed beneficial in dropsies owing to want of action of the abdominal organs, in uterine obstructions, chronic diseases of the skin, etc. Its virtues, however, are much over-rated.

DEVIL'S BIT. Helonias Dioica.

Description.—This plant, also known by the names of *False Unicorn-root, Drooping Star-wort, etc.*, is a herbaceous peren-

nial, with a large, somewhat bulbous root, from which arises a simple, smooth stem, one or two feet in height. The flowers are small, very numerous, greenish-white, disposed in long, terminal, nodding raceme, resembling plumes.

History.—This plant is indigenous to the United States, and is abundant in some of the Western states, growing in woodlands, meadows and moist situations, and flowering in June and July. The root is the officinal part.

Government and Virtues.—It is a plant of *Venus*, is tonic, diuretic, and vermifuge. In large doses, it is emetic, and when fresh, sialagogue. In doses of ten or fifteen grains of the powdered root, repeated three or four times a day, it has been found very beneficial in dyspepsia, loss of appetite, and for the removal of worms. It is beneficial in colic, and in atony of the generative organs. It is invaluable in uterine diseases, acting as an uterine tonic, and gradually removing abnormal conditions, while at the same time it imparts tone and vigor to the reproductive organs. Hence it is much used in leucorrhœa, amenorrhœa, dysmenorrhœa, and to remove the tendency to repeated and successive miscarriage. The plant will kill cattle feeding on it, and the decoction insects, bugs, and lice.

Dose of the powder, from twenty to forty grains; of the decoction from a wine-glassful to tea-cupful.

The *Helonia Bullata*, with purple flowers, and probably some other species possess similar medicinal virtues.

DOCK. Rumex Crispus.

Description.—There is a great variety of Dock, but all are too well known to require any description.

Government and Virtues.—All Docks are under *Jupiter*. They are alterative, tonic, mildly astringent, and detergent, and eminently useful in scorbutic, cutaneous scrofulous, scirrhous, and syphilitic affections, leprosy, elephantiasis, etc. For these purposes, the Yellow Dock, *Rumex* Crispus is preferred. The fresh root bruised in cream, lard, or fresh butter, forms an excellent ointment for scrofulous ulcers, scrofulous ophthalmia, itch, and a discutient for indolent glandular tumors.

DRAGON ROOT. Arum Triphyllum.

Description.—This plant is also known as *Wake Robin, Indian Turnip, Jack in the pulpit, etc.* It has a round, flattened, perennial, tuberous, fleshy root, resembling a turnip. The leaves are generally one or two, standing on long, sheathing footstalks, and the ovaries growing into a large, compact bunch of shining scarlet berries.

History.—It inhabits North and South America, is found in wet locations,—and flowers from May to July. The whole plant is acrid, but the root is the only part employed. It is of various sizes, turnip-shaped, dark and corrugated externally, and milk white within, seldom exceeding two and a half inches in diameter. When first dug it is too fiercely acrid for internal employment, as it will leave an impression upon the tongue, lips, and fauces, like that of a severe scald, followed by inflammation and tenderness, which, however, may be somewhat mollified by milk. It exerts no such influence upon the external skin, except upon long and continued application. The root loses its acrimony by age, and should always be used when partially dried. In addition to its acrid principle, it contains a large proportion of starch, with a portion of gum, albumen, and saccharine matter. When the acrid matter is driven off by heat, the root yields a pure, delicate, amylaceous matter, resembling arrow-root, very white and nutritive.

Government and Virtues.—It is a plant of *Mars,* and is acrid, expectorant, and diaphoretic, used in asthma, hooping-cough, chronic bronchitis, chronic rheumatism, pains in the chest, colic, ow stages of typhus, and general debility ; externally in scrofulous tumors, scald-head, and various skin diseases.

Dose of the grated root, in syrup or mucilage, ten grains, three or four times a day.

DRAGON'S TEST. Arum Triphyllum.

Description.—This plant is recognized in England, by looking down to the stalks, and seeing how like a snake they look. Pliny and Dioscorides affirms that no serpent will meddle with any one who carries this herb about him. The English use it

mixed with vinegar, as an external wash for freckles, morphew, and sunburn, and as an ointment in wounds and ulcers. (See *Dragon root.*)

DROPWORT. Spiræa Filipendula.

Description.—This plant has many leaves, somewhat resembling *Wild Tansey*, or rather Agrimony. The root is small, black, and tuberous, from which arise one or two stalks, two or three feet high, spreading at the top into many white, sweet-smelling flowers, consisting of five leaves each, with some threads in the middle of them, standing together in a pith or umble, each upon a small foot-stalk, which, after they have been blown upon by the wind for some time, finally fall away, and in their places appear small, round, chaffy heads like buttons, wherein are the chaffy seeds set and placed. It grows at the hedge side and in dry fields and meadows, flowering in June and July, the seeds ripening in August.

Government and Virtues.—It is a plant under the dominion of *Venus*. It is an effectual remedy for all diseases of the lungs, shortness of breath, wheezing, hoarseness, cough, causing expectoration and cleansing the pipes of mucus or phlegm. It is also used in kidney and bladder diseases.

ELDER. Sambucus Canadensis.

Description.—This is a common, well-known, native American plant, from five to twelve feet high, with a shrubby stem, filled with a light and porous pith, especially when young. The bark is rather scabrous and cinereous. The leaves are nearly bifinnate antiposed. The flowers are numerous, white, in very large level-topped, five-parted cymes, and have a heavy odor. The European Elder, though larger than the American kind, is similar in its general characteristics and properties.

History.—It is an indigenous shrub, growing in all parts of the United States, in low, damp grounds, thickets, and waste places, flowering in June and July, and maturing its berries in September and October. The officinal parts are the flowers, the berries and the inner bark.

Government and Virtues.—It is a plant of *Venus*. In warm infusion the flowers are diaphoretic, and gently stimulant. In cold infusion they are diuretic, alterative, and cooling, and may be used in all diseases requiring such action, as in hepatic derangements of children, erysipelas, erysipelatous diseases, etc. In infusion with Maiden-hair and Beech-drops, they will be found very valuable in all erysipelatous diseases. *The expressed juice of the berries*, evaporated to the consistence of a syrup, is a valuable aperient and alterative, one ounce of it will purge. An infusion of the young leaf-buds is likewise purgative, and sometimes acts with violence. The flowers and expressed juice of the berries have been beneficially employed in scrofula, cutaneous diseases, syphilis, rheumatism, etc. The inner green bark is cathartic; an infusion of it in wine or the expressed juice will purge moderately, in doses from half a fluid ounce to a fluid ounce. Large doses produce emesis or vomiting. In small doses it produces an efficacious deobstruent, promoting all the fluid secretions, and is much used in dropsy, especially that following scarlatina, and other febrile and exanthemous complaints, as well as in many chronic diseases. Beaten up with lard or cream, it forms an excellent discutient ointment, and which is of much value in burns, scalds, and some cutaneous diseases. The juice of the root in half-ounce doses, taken daily, acts as a hydragogue, cathartic, and diuretic, and will be found valuable in all dropsical affections. The inner bark of Elder is hydragogue and emetico-cathartic. Has been successfully used in Epilepsy, by taking it from branches one or two years old, scraping off the gray outer bark, and steeping two ounces of it in five ounces of cold or hot water for forty-eight hours. Strain and give a wineglassful every fifteen minutes when the fit is threatening: the patient fasting. Resume it every six or eight days.

Off. Prep.—Unguentum Sambuci, Vinum Sambuci.

ELECAMPANE. Inula Helenium.

Description.—It has a branching, aromatic, and perennial root;

stem from four to six feet high; large, dark-green leaves; and large, bright-yellow flowers.

History.—Elecampane is common in Europe, and cultivated in the United States. It grows in pastures, and along road sides, blossoming from July to September. The root is the part used and should be gathered in the second year of its development, and during the Fall months. It yields its properties to water and alcohol, more especially to the former.

Government and Virtues.—It is under the dominion of *Mercury.* It is aromatic, stimulant, tonic, emmenagogue, diuretic and diaphoretic. It is much used in chronic pulmonary affections, weakness of the digestive organs, hepatic torpor, dyspepsia, etc. Dose of the powder, from one scruple to one drachm. Of the infusion, one to two fluid ounces.

ERYNGO, or Sea Holly. Eryngium Aquaticum

Description.—This plant, also called *Button Snake root, Rattlesnake's Master,* etc., is an indigenous perennial hero, with a simple stem, from one to five feet in height, the root is tuberous; the leaves are one or two feet long, by half an inch to an inch and a half wide. The flowers are white or pale and inconspicuous.

History.—This plant is indigenous, growing in swamps and low, wet lands, from Virginia to Texas, especially on prairie lands, blossoming in August. The root is the officinal part. Water or alcohol extracts its properties.

Government and Virtues—It is a plant of *Venus* under the celestial *Balance.* It is aphrodisiac, exciting veneral desires and strengtheing the procreative organs. It is also diuretic, stimulant, diaphoretic, expectorant, and in large doses, emetic. Very useful in dropsy, nephritic, and calculous affections, also in scrofula and syphilis. It is valuable as a diaphoretic and expectorant in pulmonary affections. It is a good substitute for *Senega.* The pulverized root in doses of two or three grains, is very effectual in hemorrhoids and prolapsus ani. Two ounces of the pulverized root, added to one pint of good Holland gin,

Maidenhair

Eringo

Marsh Mallow

s effectual in obstinate cases of gonorrhœa and gleet, to be administered in doses of one or two fluid drachms, three or four times a day. By some practitioners the root is employed as a *specific* in gonorrhœa, gleet, and leucorrhœa; used internally in syrup, decoction, or tincture—and the decoction applied locally by injection. Used externally and internally, it cures the bites of snakes and insects. Dose of the powder, from twenty to forty grains: of the decoction, which is principally used, from two to four fluid ounces, several times a day. Off. Prep. Decoctum Eryngii.

EYEBRIGHT. Euphrasia Officinalis.

Description.—This is an elegant, little annual plant, with a square, downy, leafy stem, from one to five inches in height; the leaves are opposite, downy, and ribbed; the flowers are abundant, with a brilliant variety of colors.

History.—This plant is indigenous to Europe and America, bearing red or white flowers in July. The leaves are commonly employed; they are inodorous, but of a bitter, astringent taste. Water extracts their virtues.

Government and Virtues.—It is a plant of the *Sun*, in the sign of the *Lion*. Slightly tonic and astringent. Useful in form of infusion or poultice, in catarrhal opthalmia; also of service in all mucus diseases attended with increased discharges; also, in cough, hoarseness, ear-ache and head-ache, which have supervened in catarrhal affections. Four fluid ounces of the infusion taken every morning upon an empty stomach, and also every night at bed-time, has been found successful in helping epilepsy.

FERN. *Royal Flowering, Buckhorn Brake.* Osmunda Regalis.

Description.—This beautiful Fern is found in meadows, and low, moist grounds, throughout the United States, blossoming in June. The main root or caudex is the officinal part; it is about two inches long, and has the shape of a buck's horn. It contains an abundance of mucilage, which is extracted by

boiling w ter. The roots should be collected in August, or about the latter part of May, and dried with great care, as they are apt to become mouldy.

The *Osmunda*, or cinnamon-colored Fern is inferior to the preceding, but is frequently used for the same medicinal purposes.

Government and Virtues.—Under the dominion of *Mercury*. Mucilaginous, tonic, and styptic. Used in coughs, diarrhœa, and dysentery; also used as a tonic during convalescence from exhausting diseases. One root, infused in a pint of hot water for half an hour, will convert the whole into a thick jelly, very valuable in leucorrhœa, and other female weaknesses. The mucilage mixed with brandy is a popular remedy as an external application for subluxations and debility of the muscles of the back. For internal use, the roots may be infused in hot water, sweetened, and ginger, cinnamon, brandy, etc., added, if not contra-indicated.

FERN. Female. *Common Polypody. Polypodium Vulgare.*

Description.—This plant is also known by the names of *Rock polypod, Brake-root*, etc. It is common on shady rocks, in woods and mountains. The root and tops are used in medicine. Water extracts its properties.

This plant is pectoral, demulcent, purgative, and anthelmintic. A decoction or syrup has been found very valuable in pulmonary and hepatic diseases. A strong decoction is a good purgative, and will expel tenia and other worms. Dose of the powdered plant, from one to four drachms. Of the decoction or syrup, from one to four fluid ounces, three or four times a day.

Male Fern, (Aspidium Filix Mas,) grows in all parts of Europe, and in the United States. The dried root is the officinal part. It is used for the expulsion of the tapeworm. The best mode of administration is the etherial oil or extract, of which eighteen grains, or from ten to twenty-five drops may be given in the form of pill or emulsion, at night, and again in the morning. Two hours after the administration of the last dose, a purgative dose of castor oil is to be taken, and the

worm is discharged dead, without any severe or unpleasant symptoms. Dose of the powder, from one to four drachms. Of the ethereal tincture of the buds, eight to thirty drops, and made by digesting one part of the buds in eight parts of ether.

Sweet Fern, (Comptonia Asplenifolia) grows in thin, sandy soils, or dry, rocky woods, from Maine to Kentucky, blossoming in May. The whole plant is used, and imparts its virtues to water or alcohol. It is tonic, astringent, and alterative. Used in diarrhœa, dysentery, hemoptysis, leucorrhœa, rheumatism, debility succeeding fevers, and in rachitis. A decoction is very useful in the summer complaints of children, when given as an auxiliary. A pillow of the leaves is beneficial to rachetic children, and may be used as a fomentation in contusions and rheumatism.

Dose.—Of the decoction, from one to four fluid ounces, three or four times a day. The male and female Fern are not to be used by pregnant women.

FEVER-FEW. Pyrethrum Parthenium.

Description.—Fever-few is a perennial, herbaceous plant with a tapering root, and an erect, branched, leafy, round, furrowed stem, about two feet high, bearing white compound flowers.

History.—The plant is a native of Europe, but common in the United States, found occasionally in a wild state, but generally cultivated in gardens, and blossoms in June and July. It imparts its virtues to water, but much better to alcohol.

Government and Virtues.—*Venus* controls this herb. It is tonic, carminative, emmenagogue, vermifuge, and stimulant. The warm infusion is an excellent remedy in recent colds, flatulency, worms, irregular menstruation, hysteria, suppression of urine, and in some febrile diseases. In hysteria, or flatulency, one teaspoonful of the compound spirits of lavender forms a valuable addition to the dose of the infusion, which is from two to four fluid ounces. The cold infusion or extract, makes a valuable tonic. The leaves in poultice are an excellent local application in severe pain or swelling of the bowels, etc. Bees

are said to dislike this plant very much, and a handful of the flower-heads carried where they are, will cause them to keep at a distance.

FIG-WORT. Scrophularia Nodosa.

Description.—Figwort has a perennial, whitish, tuberous, and knotty root, with a heavy stem, from two to four feet high, and small, ovoid, dark-purple flowers.

History.—This plant is a native of Europe, but is found growing in different parts of the United States, in woods, hedges, damp copses, and banks, blossoming from July to October. The plants known by the names of *Carpenter's-square, Heal All, Square stalk, etc.*, (*S. Marilandica* and *S. Lanceolata,*) are all mere varieties of *Figwort*, possessing similar medicinal properties. The leaves and root are the officinal parts, and yield their virtues to water or alcohol. The leaves have an offensive odor, and a bitter, unpleasant taste; the root is slightly acrid.

Government and Virtues.—It is a plant of *Venus*. It is alterative, diuretic, and anodyne; highly beneficial in hepatic or liver diseases, dropsy, and as a general deobstruent to the glandular system when used in infusion or syrup. Externally in the form of fomentation, or ointment, it is valuable in bruises, inflammation of the mammæ, ringworm, piles, painful swellings, itch, and cutaneous eruptions of a vesicular character. The root in decoction and drank freely, will restore the lochial discharge when suppressed, and relieve the pains attending difficult menstruation. This plant possesses many valuable and active medicinal properties. *Dose* of the infusion or syrup, from a wine-glassful to a tea-cupful.

FLEA-WORT. Plantago Pysllium.

Description.—It has a white, hard, woody root, that perishes every year, from which arises a stalk two or more feet high, full of joints and branches, with narrow, whitish-green leaves. At the top of every branch stands divers small, short, scaly or chaffy heads, out of which come forth small, sweetish, yellow

threads, like those of the plantain herb, which are the bloomings of flowers ; the seed enclosed in these heads is small and shining while it is fresh, and very like a *flea* both for color and size, but turning black when it grows old. It grows in gardens and fields and blossoms in July and August.

Government and Virtues.—It is a plant of *Saturn*, cold, dry, and saturnine. The mucilage of the seed, made with rose-water and a little honey, helps hoarseness, and other diseases of the lungs, throat and breast.

FROST-WEED. Helianthemum Canadense.

Description.—This is a perennial herb, sometimes known by the names of *Rock-rose* and *Frost Plant.* It has a simple, downy stem, about a foot high, and shrubby at the base. The leaves are about two-thirds of an inch long, and about one-fourth as wide. The flowers are large and of a bright yellow, open in sunshine and cast their petals the next day.

History.—It is indigenous to all parts of the United States, growing in dry, sandy soils, and blossoming from May to July. The leaves and stems are covered with a white down ; hence its name. The whole plant is officinal, having a bitterish, astringent, slightly aromatic taste, and yields its properties in hot water.

Government and Virtues.—It is a plant of *Venus*. It has effected some astonishing cures in scrofula. It is used in the form of decoction, syrup, or fluid extract. In too large doses it will cause vomiting. It is tonic, and astringent as well as anti-scrofulous.

In secondary syphilis, either alone, or in combination with Corydalis Formosa, and Stillingia, it forms a most valuable remedy.

The decoction may be employed with advantage in diarrhœa, as a gargle in scarlatina, and aphthous ulceration, as a wash in scrofulous opthalmia, prurigo and other cutaneous diseases. Externally, a poultice of the leaves is applied to scrofulous tumors and ulcers.

The *fluid extract* is the best form for internal use. Dose, one or two teaspoonsful, three or four times a day.

An *oil* has been procured from the plant which is said to be highly valuable in cancerous affections.

GENTIAN. Gentiana Lutea.

Description.—This plant has a long, thick, cylindrical, wrinkled, ringed, forked, perennial root, brown externally, and yellow within, with a stem three or four feet high, hollow, stout, and erect; leaves ovate-oblong, five-veined, pale, bright green: the blossoms are large, of a bright yellow, in many flowered whorls.

History.—This plant is common in Central and Southern Europe, especially the Pyrenees and Alps, being found from 3000 to 5000 feet above the level of the sea. The root affords the medicinal portion, and is brought to America, chiefly from Havre and Marseilles. It has a feeble aromatic odor, and a taste at first faintly sweetish, and then purely, intensely and permanently bitter. It imparts its virtues readily to cold or hot water, alcohol, wine, spirits, or sulphuric ether.

Government and Virtues.—It is a plant of *Mars*. Is a powerful tonic, improves the appetite, strengthens digestion, gives force to the circulation, and slightly elevates the heat of the body. Very useful in debility, exhaustion, dyspepsia, gout, amenorrhœa, hysteria, scrofula, intermittents, worms, and diarrhœa.

Dose of the powder, ten to thirty grains. Of the extract, one to ten grains. Of the infusion, a tablespoonful to a wine-glassful. Of the tincture, one or two teaspoonsful.

Unchrystallized Gentianin is a most valuable substitute for quinia, acting as readily and efficaciously on the spleen, in doses of from fifteen to thirty grains, twice a day.

The *Blue*, or *American Gentian*, has a perennial, branching, somewhat fleshy root, with a simple, erect, rough stem, eight or ten inches in height, and bears large blue flowers. It grows in the grassy swamps and meadows of North and South Carolina, blossoming from September to December. The root is little

nferior to the foreign Gentian, and may be used as a substitute or it in all cases, in the same doses and preparations.

The *Five flowered Gentian* sometimes called Gall-weed, on ıccount of its intense bitterness, is very useful in headache, liver .omplaint, jaundice, etc. The plant is found from Vermont to Pennsylvania, and a variety of it is common throughout the Western states. It grows in woods and pastures, and flowers n September and October. It may be regarded as a valuable tonic and cholagogue, and deserves further investigation of its therapeutic properties.

There is another kind of Gentian, (*Gentiana Ochroleuca,*) known by the names of Marsh Gentian, Yellowish-white Gentian, Straw-colored Gentian, and Sampson Snake-weed. It has a stout, smoothish, ascending stem, one or two inches in height, its leaves two to four inches long, and three-fourths to an inch and a half in width, with straw-colored flowers two inches long by three-quarters thick, disposed in a dense, terminal cyme, and often in auxillary cymes. It is found in Canada, and the Southern and Western states, though rarely in the latter, blossoming in September and October; the root is the officinal part, although the tops are often employed. They are bitter, tonic, anthelmintic and astringent. Used in dyspepsia, intermittents, dysentery, and all diseases of periodicity.

To two ounces of the tops and roots pour on a pint and a half of boiling water, and when nearly cold, add a half pint of brandy. Dose from one to three tablespoonsful every half hour, gradually increasing as the stomach can bear it, lengthening the intervals between the doses. It is also used for bites of snakes, etc.

GERANIUM. Geranium Maculatum.

Description.—Geranium, also known by the names of *Dove's Foot, Cranesbill, Wild Cranebill, Spotted Geranium, Crowfoot, Alum Root*, etc., has a perennial, horizontal, thick, rough, and knobby root, with many small fibres. The stems are grayish-green, erect, round, and a foot or two high. The leaves are spreading and hairy; and the blossoms large, and generally

purple, mostly in pairs. The Dove's Foot, or Cranebill, which grows in England, is a different plant, bearing many small bright-red flowers, of five leaves a-piece, though it possesses medicinal properties similar to the American varieties.

History.—Geranium is a native of the United States, growing in nearly all parts of it, in low grounds, open woods, etc., blossoming from April to June. The root is the officinal part. Its virtues are yielded to water or alcohol.

Government and Virtues.—It is under the dominion of *Mars.* It is a powerful astringent, used in the second stage of dysentery, diarrhœa, and cholera infantum, in infusion, with milk. Both internally and externally it may be used wherever astringents are indicated, in hemorrhages, indolent ulcers, aphthous sore mouth, opthalmia, leucorrhœa, gleet, hematuria, menorrhagia, diabetes, and excessive chronic mucus discharges ; also to cure mercurial salivation. Relaxation of the uvula may be benefitted by gargling with a decoction of the root, as well as aphthous ulceration of the mouth and throat. From its freedom from any nauseous or unpleasant qualities, it is well adapted to infants and persons with fastidious stomachs. In cases of bleeding piles, a strong decoction of the root should be injected into the rectum, and retained as long as possible. Troublesome epistaxis, or bleeding from the nose, wounds, or small vessels, and from the extraction of teeth, may be checked effectually by applying the powder to the bleeding orifice, and if possible, covering with a compress of cotton. With Aletus Farinosa, (*Unicorn root*) in decoction, and taken internally, it has proved of superior efficacy in diabetes and in Bright's disease of the kidneys. A mixture or solution of two parts of Hydrastin and one of Geranium, will be found of unrivalled efficacy in all chronic mucus diseases, as in gleet, leucorrhœa, opthalmia, gastric affections, catarrh, and ulceration of the bladder, etc. A decoction of two parts of Geranium and one of Sanguinaria (*Blood-wort,*) forms an excellent injection for gleet and leucorrhœa.

Dose of Geranium powder, from twenty to thirty grains ; of the decoction, a table-spoonful to a wine-glassful.

GOLDEN SEAL. Hydrastis Canadensis.

Description.—This is an American plant, known by the various names of *Yellow Puccoon, Ground Raspberry, Tumeric root*, etc. It has a perennial *root*, or *rhizome*, which is tortuous, knotty, creeping, internally of a bright-yellow colour, with numerous long fibres; the *stem* is erect, simple, rounded, from six to twelve inches high, bearing two unequal terminal leaves; the flower is solitary, terminal, small, white or rose colored, and on a peduncle about three inches in length.

History.—Golden seal is found growing in shady woods, in rich soils and damp meadows, in different parts of the United States and Canada, but is more abundant west of the Alleghanies. It flowers in May and June. The root is the officinal part. Its virtues are imparted to water or alcohol. The root is of a beautiful yellow color, and when fresh is juicy, and used by the Indians, to color their clothing, etc.

Government and Virtues.—It is a plant of *Jupiter*. The root is a powerful tonic, at the same time exerting an especial influence upon the mucus surfaces and tissues, with which it comes in contact. Internally, it is successfully administered in dyspepsia, chronic affections of the mucus coats of the stomach, erysipelas; remittant, intermittent, and typhoid fevers; torpor of the liver, and whenever tonics are required. In some instances it proves laxative, but without any astringency, and seems to rank in therapeutical action between rhubarb and blood-root.

A strong decoction of two parts of Golden Seal, and one part of Geranium or Cranebill, is very valuable in gleet, chronic gonorrhœa and leucorrhœa, used in *injection*. It is likewise of much benefit in *incipient stricture, spermatorrhœa*, and *inflamation* and *ulceration of the internal coat of the bladder*. Ulceration of the internal coat of the bladder, may be cured by the decoction of Golden Seal alone. It must be injected into the bladder, and held there as long as the patient can conveniently retain it—to be repeated three or four times a day, immediately after emptying the bladder.

Dose of the powder from ten to thirty grains; of the tincture from one to two fluid drachms.

GOLD THREAD. Coptis Trifolia.

Description.—This plant, also termed *Mouthwool*, has a small and creeping, perennial *root*, of a bright yellow color. The *stems* are round, slender, and invested at the base with a number of ovate, acuminate, yellowish scales. The leaves are ternate, on long, slender petioles, evergreen. It usually bears one small, white, starry flower, terminating in capsules, containing small, black, oval seeds.

History.—Goldthread is found growing in dark swamps, and sphagnous woods, in the northern parts of the United States, and in Canada, Greenland, Iceland, and Siberia. It flowers early in the Spring to July. The root is the medicinal part, and Autumn is the season for collecting it.

Government and Virtues.—It is a plant of *Jupiter*. Is a pure and powerful bitter tonic, somewhat like quassia, gentian and colombo, without any astringency. It may be beneficially used in all cases where a *bitter* tonic is required, and is decidedly efficacious as a wash or gargle, when a decoction, in various ulcerations of the mouth. In dyspepsia, and in chronic inflammation of the stomach, equal parts of gold-thread, and golden seal, made into a decoction, with elixir vitriol, added in proper quantity, will not only prove effectual, but in many instances will permanently destroy the appetite for alcoholic beverages.

Dose.—Of the powder or tincture, from half a drachm to a drachm, of the decoction the dose is from one wineglassful to a teacupful. The tincture, made by adding an ounce of the powdered root to a pint of diluted alcohol, is preferable to the powder. The dose is from twenty drops to a teaspoonful, three times a day.

HAZEL WITCH. Hamamelis Virginica.

Description.—This is an indigenous shrub, sometimes called *Winter-bloom*, *Snapping-hazel-nut*, *Spotted Alder*, etc., It consists of several crooked branching trunks from the same root,

from four to six inches in diameter, ten to twelve feet in height, and covered with a smooth grey bark. The leaves are from three to five inches long, and two-thirds as wide. The flowers are yellow, and three or four together.

History.—It grows in damp woods, in nearly all parts of the United States, flowering from September to November, when the leaves are falling, and maturing its seeds the next summer. The barks and leaves are the parts used in medicine. They possess a degree of fragrance, and when chewed are at first somewhat bitter, very sensibly astringent, and then leave a pungent sweetish taste, which remains for a considerable time. Water extracts their virtues. The shoots are used as *divining rods* to discover water and metals under ground by certain adepts in the occult arts.

Government and Virtues.—This is a plant of *Jupiter*. It is tonic, astringent and sedative. A decoction of the bark is very useful in hemoptysis, hematemesis, and other hemorrhages or bleedings, as well as. in diarrhœa, dysentery, and excessive mucus discharges. It is employed with great advantage in incipient phthisis, or consumption, in which it is supposed to unite anodyne influences with its others.

The Indians use it in the form of poultice, in external inflamations, swellings and all tumors of a painful character.

The decoction may be advantageously USED as a wash or INJECTION for sore mouth, painful tumors, external inflammations, bowel complaints, prolapsus ani and uteri, leucorrhœa, gleet, and opthalmia.

An *Ointment* made with lard, and a decoction of white-oak bark, apple tree bark, and witch-hazel, is a very valuable remedy for hemorrhoids or piles.

The following forms a useful preparation: Take equal parts of witch-hazel bark, golden seal, and lobelia leaves, the two first made into a strong decoction, after which add the lobelia to the hot liquid, and cover; when cold, strain. This decoction, as a collyrium will frequently and speedily cure the most obstinate and long standing cases of opthalmia.

Dose of the witch-hazel decoction alone, from a wine glassful to a teacupful, three or four times a day.

HELLEBORE AMERICAN. VERATRUM VIRIDE. *Swamp Hellebore, Indian Poke, Itch-weed.*

Description.—This plant is indigenous to the United States growing in many parts, usually in swamps, low-grounds, moist meadows, and on the banks of mountain streamlets. The stem is from three to five feet high, roundish and solid throughout, the greatest part of its length being invested with the sheathing bases of the leaves The lower leaves being from six inches to a foot long, and half as wide, gradually narrowing towards the top of the plant, the flowers green and numerous.

History.—The rhizome or root is the part used, which should be gathered in Autumn, after the decay of the leaves. As it rapidly loses its virtues it should be gathered annually and kept in well-closed vessels. When fresh, it has a very strong, unpleasant odor, but when dried is inodorous. It has a sweetish-bitter taste, succeeded by a persistent acridity.

Government and Virtues.—It is a plant of *Jupiter.* It has many very valuable properties. It is slightly acrid, confining this action to the mouth and fauces. It is unsurpassed by any article as an expectorant. As a diaphoretic, it is one of the most certain of the whole Materia Medica, often exciting great coolness and coldness of the surface. In suitable doses it can be relied upon to bring the pulse down from a hundred and fifty beats in a minute to forty, or even to thirty. Sometimes it renders the skin merely soft and moist, and at others produces free and abundant perspiration. In fevers, in some diseases of the heart, acute rheumatism, and in many other conditions which involve an excited state of the circulation, it is of exceeding great value. As a deobstruent or alterative, it far surpasses iodine, and therefore used with great advantage in the treatment of cancer, scrofula and consumption. It is nervine, and never narcotic, which property renders it of great value in all painful diseases, or such as are accompanied with spasmodic action, convulsions, morbid irritability and irritative mobility, as in chorea, epilepsy,

or fits, pneumonia, puerperal fever, neuralgia, etc., producing these effects without stupifying and torpifying the system as opium is known to do. As an emetic, it is slow, but certain and efficient, rousing the liver to action, and vomits without occasioning prostration or exhaustion, like other emetics, being the more valuable in not being cathartic. It is peculiarly adapted as an emetic in hooping-cough, croup, asthma, scarlet fever, and in all cases where there is much febrile or inflammatory action. As an arterial sedative it stands unparalleled and unequalled, while in small doses it creates and promotes appetite beyond any agent known to medical men. It has recently come into use, and may be justly regarded as one of the most valuable contributions to the list of medicines in a hundred years.

Dose.—Veratrum is usually given in the form of a tincture, the formula being of the dried root, eight ounces to sixteen ounces diluted .835 alcohol, macerating for two weeks, then to be expressed and filtered. To an adult eight drops are given which should be repeated every three hours, increasing the dose one or two drops every time, until nausea or vomiting, or reduction of the pulse, to sixty-five or seventy, ensue, then reduce to one half in all cases. Females and persons from fourteen to eighteen, should commence with six drops, and increase as above. For children, from two to five years, begin with two drops, and increase one drop only. Below two years of age, one drop is sufficient. If taken in so large a dose as to produce vomiting or too much depression, a full dose of morphine or opium, in a little brandy or ginger, is a complete antidote. In pneumonia, typhoid fever, and many other diseases, it must be continued from three to seven days after the symptoms have subsided. In typhoid fever, while using the veratrum, quinia is absolutely inadmissable. It is administered in a little sweetened water, and its employment in moderate doses, or short of nausea, may be continued indefinitely without the least inconvenience.

HOARHOUND. Marrubium Vulgare.

Description.—This well known herb, has a fibrous, perennial

root and numerous annual, bushy stems, leafy, and branching from the bottom to one or two feet in height. The leaves are roundish-ovate, rough and veiny above, woolly on the under surface, one or two inches in diameter ; the flowers small and white.

History.—Hoarhound is a native of Europe, but has been naturalized in the United States, where it is very common. It grows on dry, sandy fields, waste grounds and road-sides, flowering from June to September. The entire plant has a white or hoary appearance ; the whole herb is medicinal, and should be gathered before its inflorescence. It has a peculiar, rather agreeable, vinous, balsamic odor, and a very bitter, aromatic, somewhat acrid and persistent taste. Its virtues are imparted to alcohol or water.

Government and Virtues.—It is an herb of *Mercury.* A stimulant, tonic, expectorant and diuretic. It is used in the form of *syrup,* in coughs, colds, chronic catarrh, asthma and all pulmonary affections. The *warm* infusion will produce perspiration, and flow of urine, and is used with great benefit in jaundice, asthma, hoarseness, menses, and hysteria. The cold infusion is an excellent tonic in some forms of dyspepsia. It will expel worms and act as a purgative in large doses. It enters into the composition of several syrups and candies.

Dose of the powder one drachm, of the infusion or syrup, from half to a teacupful.

HOPS. Humulus Lupulus.

Description.—This plant is too well known to require any particular description. It has a perennial *root,* with many annual, angular stems. The leaves are deep-green, serrated, veiny and very rough ; and the flowers numerous and of a greenish color.

History.—This plant is found in China, the Canary Islands, all parts of Europe, and in many places in the United States. It is largely cultivated in England and the United States for its cones or strobiles, which are used medicinally, and in the manufacture of beer, ale and porter. The odor of hops is peculiar and somewhat agreeable; their taste slightly astringent

and exceedingly bitter. They yield their virtues to boiling water, but a better solvent than water is diluted alcohol. Lupulin is the yellow powder procured by beating or rubbing the strobiles, and then sifting out the grains which form about one-seventh part of the Hops. Lupulin is in globose kidney-shaped grains, golden yellow and somewhat transparent and preferable to the Hops itself. *Lupulite* is the bitter principle of Hops, and is obtained by making an aqueous solution of *Lupulin*.

Government and Virtues.—The plant or vine is under the dominion of *Mars*. Hops are tonic, hypnotic, febrifuge, antilithic and anthelmintic. They are principally used for their sedative or hypnotic action—producing sleep, removing restlessness and abating pain, but sometimes failing to do so. A pillow stuffed with Hops is a favorite way for obtaining sleep. The *lupulin* or its tincture, is used in delirium tremens, nervous irritation, anxiety, exhaustion, and does not disorder the stomach nor cause constipation, as with opium. It is also useful in after-pains, to prevent chordee, suppress venereal desires, etc. Externally, in the form of a fomentation alone, or combined with Boneset or other bitter herbs, it has proved beneficial in pneumonia, pleurisy, gastritis, enteritis, and as an application to painful swellings and tumors. An *ointment*, made by boiling two parts of Stramonium leaves and one of Hops in lard, is an excellent application in salt rheum, ulcers and painful tumors. It is a powerful antiphrodisiac, composing the genital organs, quieting painful erections in gonorrhœa, etc.

Dose.—Fluid extract, half a drachm to a drachm ; solid extract, five to twenty grains ; tincture (two and a half ounces of hops to one pint of alcohol,) three to six drachms. *Infusion*, (four drachms to one pint of hot water) a wineglass to a cupful of *Lupulin*, the dose six to ten grains. *Tinct.* of Lupulin, (two ounces of Lupulin to one pint of alcohol) one to two teaspoonsful in sweetened water. Fifteen to twenty grains well rubbed up with white sugar in a mortar is very efficacious in priaprism, chordee, and spermatorrhœa.

ICELAND MOSS. Cetraria Islandica.

Description.—Iceland Moss is a perennial, foliaceous plant from two to four inches high ; a native of Britain and the northern countries of Europe, particularly Iceland. It is diversified in its color, being brownish or greyish-white in some parts, and of a reddish hue in others. It is without odor, with a mucilaginous, bitter, somewhat astringent taste, and when dry, the lichen is crisp, cartilaginous, and coriaceous, and is convertible into a grayish-white powder. It swells up in water, absorbing more than its own weight of that fluid, and communicating a portion of its bitterness to it, as well as a little mucilage; when long chewed it is converted into a mucilaginous pulp, and when boiled in water the decoction becomes a firm jelly on cooling.

Government and Virtues.—It is a plant of the *Moon.* It is demulcent, tonic and nutritious. Used as a demulcent in chronic catarrh, chronic dysentery, and diarrhœa, and as a tonic in dyspepsia, convalescence and exhausting diseases. Boiled with milk it forms an excellent nutritive and tonic in phthisis and general debility. Its tonic virtues depend upon its *cetrarin,* which, if removed, renders the lichen merely nutritious.

ICE-PLANT. Monotropa Uniflora.

Description.—This plant, also known by the names of *Ova-ova, Bird's Nest, Indian Pipe, Fit Plant,* etc., has a dark colored, fibrous, perennial root, matted in masses about as large as a chestnut burr, from which arise one or more short, ivory-white stems, from four to eight inches high, having white, semi-transparent leaves, and a large, white, solitary, terminal flower, which is at first nodding, but becomes upright in fruit.

History.—This singular plant is found from Maine to California, and westward to Missouri, growing in shady, solitary woods, in rich, moist soil, or soil composed of decayed wood and leaves, and near the base of trees, on whose roots it may be said to be a parasite. The whole plant is snow-white or ivory-white, resembling frozen jelly, and is juicy and tender, dissolving in the hands like ice. The flowers are inodorous,

and appear from June until September. The flowers are in shape like a pipe, hence called the *Indian Pipe*, or *Pipe Plant*. The root is the medicinal part, and should be gathered in September and October, carefully dried, pulverized, and kept in well-stopped bottles.

Government and Virtues.—It is a plant of the *Moon*. It is a tonic, sedative, nervine, and anti-spasmodic; employed in febrile diseases, restlessness, pains, nervous irritability, etc., and used as a substitute for opium without any deleterious influences. It has cured remittent and intermittent fevers, and is an excellent anti-periodic. It is a most excellent remedy in convulsions of children, epilepsy, chorea, and other spasmodic affections. Its prompt efficacy well entitles it to its common name, *Fits*, or *Convulsion Root*. The juice of the plant alone, or combined with rose water, is an excellent application in obstinate opthalmia, or sore or inflamed eyes, ulcers, etc., and is a good injection in leucorrhœa, blennorrhæa, inflammation, and ulceration of the bladder.

Dose of the powdered root, from thirty to sixty grains, two or three times a day.

This plant is one of great value, and is beginning to receive the attention it deserves. It is a totally different herb from the *Mesembryanthemum Crystallinum*, or Ice-plant of Europe.

IRON-WEED. Vernonia Fasciculata.

Description.—This is an indigenous, perennial, coarse, purplish-green weed, with a tall, grooved stem, from three to ten feet in height. It is very common in the Western states, growing in woods and prairies, and along river streams, having purple flowers from July to September. The root is the part used.

Government and Virtues.—It is a plant of *Venus*. It is a bitter tonic, deobstruent, and alterative. In powder or decoction, the root is beneficial in amenorrhœa, dysmenorrhœa, leucorrhœa, and menorrhagia. It is useful in scrofula and some cutaneous diseases. Dose of the decoction, one or two fluid ounces. Of the tincture, one or two fluid drachms. The leaves

or powdered root make an excellent discutient application to tumors.

IVY, (AMERICAN.) AMPELOPSIS QUINQUEFOLIA.

Description.—This is a woody vine, with a rooting, climbing stem, with large, dark, glossy, green leaves, which make a luxuriant foliage, turning crimson in Autumn. It blossoms in July, the flowers being in clusters of an inconspicuous greenish white. Its berries are first dark blue, smaller than peas, of an acid taste, but ripening into blackish berries from October to Christmas.

History.—The American Ivy, is a common, familiar, shrubby vine, climbing extensively, and, by means of its radiating tendrils, supporting itself firmly on trees, stone walls, churches, etc., and ascending to the height of from fifty to a hundred feet. In various sections of the country it has different names, as *Wood-bine, Virginia Creeper, Five Leaves, False Grape, Wild Wood Vine*, etc. The bark and the twigs are the parts usually used. Its taste is acrid and persistent, though not unpleasant, and its decoction is mucilaginous. The bark should be collected after the berries have ripened. It is like the Ivy of England and other countries.

Government and Virtues.—It is under the dominion of *Saturn.* Alterative, tonic, astringent, and expectorant. It is used principally in form of syrup in scrofula, dropsy, bronchitis, and other pulmonary complaints.

Dose.—Of the decoction or syrup, from one to four tablespoonsful, three times a day.

A drachm of the flowers drank in wine, will stop the bloody flux or dysentery. The berries bruised and steeped in wine for a few days, and a small quantity drank is good against the jaundice, hemorrhage or spitting of blood, gravel, and to provoke urine. An old author affirms that there is a very great antipathy between wine and Ivy, and therefore it is a remedy to preserve against drunkenness, and to relieve or cure intoxication by drinking a draught of wine in which a handful of bruised Ivy leaves have been boiled.

JESSAMINE. Gelseminum Sempervirens.

Description.—This plant is sometimes called Yellow Jessamine, Wild Jessamine, and Woodbine, and bears yellow flowers which have an agreeable, but rather narcotic odor. The Yellow Jessamine abounds throughout the Southern States, growing luxuriously, and climbing from tree to tree, forming an agreeable shade. On account of its fine yellow flowers, and the rich perfume which they impart to the surrounding atmosphere, as well as the shade it affords, it is extensively cultivated in the gardens of the South, as an ornamental vine. The flowers appear from March to May. The root is the officinal part, and yields its virtue to water or alcohol.

Government and Virtues.—It is a plant of *Jupiter.* It is an unrivaled febrifuge, possessing relaxing and antispasmodic properties. It is efficacious in nervous and bilious headache, colds, pneumonia, hemorrhages, leucorrhea, ague-cake, but especially in all kinds of fevers, quieting all nervous irritability and excitement, equalizing the circulation, promoting perspiration, and rectifying the various secretions, without causing nausea, vomiting and purging, and is adapted to any stage of the disease. It may follow any preceding treatment with safety. Its effects are clouded vision, double-sightedness, or even with complete prostration, and inability to open the eyes. These however, pass completely off in a few hours, leaving the patient refreshed, and completely restored. When the effects are induced no more of the remedy is required.

The tincture is the form in which it is employed. The dose is from ten to fifty drops, in a wine glass half full of water ; to be repeated every two hours. The second dose usually effects a cure.

JUNIPER. Juniperus Communis.

Description.—The Juniper is a small evergreen. It does not reach the dignity of a tree; but it is hardy and extremely useful.

History.—The Juniper grows in dry woods, and upon hills,

and is common both in this country and in Europe. The berries are employed most extensively in medicine.

Government and Virtues.—The Juniper is under the dominion of *Venus*. The berries and oil are stimulating, carminative, and diuretic. It is especially useful in averting mucus discharges, especially from the urethra.

Dose.—Of the berries, from one to two drachms. Of the oil from four to twenty minims.

KIDNEY LIVER LEAF. Hepatica Americana.

Description.—This is a perennial plant, the root of which consists of strong fibres. The entire plant is used.

History.—There are two varieties of this plant, and both are common to the United States. They grow upon elevated situations, and in woods. They bear white, blue, or purplish flowers, which appear late in March or early in April. It is sometimes erroneously called Liverwort.

Government and Virtues.—It is under the dominion of *Herschel*. It is a mild, mucilaginous astringent, and is freely used in infusion, in fevers, diseases of the liver ; and for bleeding from the lungs, coughs, etc., it is a most valuable curative.

Dose.—Infusion taken *ad libitum*.

LADIES SLIPPER. Cypripedium Pubescens.

Description.—This is an indigenous plant known as *American Valerian, Nerve Root, Yellow Moccasin Flower, Umbel, Noah's Ark*, etc., with perennial, fibrous, fleshy, undulated or crooked long roots. The stems grow from twelve to eighteen inches high.

History.—This plant grows here in rich woods and meadows, and flowers in May and June. There are several varieties of it, but as they all possess the same medicinal properties a description of each is not requisite or desirable.

Government and Virtues.—These plants are governed by the dog-star *Sirius*. The fibrous roots are the parts used in medicine, and they should be gathered and carefully cleansed in August, or September. The properties and uses are various.

The preparations made from these roots are tonic, and stimulant, diaphoretic, and anti-spasmodic, and are considered to be unequalled in remedying hysteria, chorea, nervous headache, and all cases of nervous irritability. Combined with a certain foreign plant of a mucilaginous character, and growing near the sea shore, it is an unfailing cure of fever and ague. The preparation has, however, to be skilfully compounded. Any one afflicted by Fever and Ague may write to me for particulars, and I will gladly and promptly furnish them. They are also used for delirium, neuralgia, and hypochondria. The form of preparation is an alcoholic extract.

Dose.—From ten to twenty grains. Tincture, from one to three fluid drachms. Infusion, from one to four fluid ounces. When made into powder, one drachm in warm water is a dose, and may be repeated, in season, as often as may be required.

LARCH. Abies Larix.

Description.—The Larch is a very lofty and graceful tree, with elegant and wide-spreading branches. The flowers, both male and female, are handsome as well in form as in color.

History.—The Larch grows in the mountainous regions of Europe, and yields the article of use and commerce known as Venice Turpentine. The bark contains a large amount of tannic acid.

Government and Virtues.—It is governed by *Mars*. The medicinal properties are those known to be confined to turpentine.

LARGE FLOWERING SPURGE. Euphorbia Corollata.

Description.—This plant is commonly known as the milkweed. It is perennial, with a round, slender, erect stem, one or two feet high, generally simple and smooth. The flowers are large, white and showy.

History.—This plant grows plentifully in Canada and the United States, in dry fields and woods, and flowers from June to September. The bark of the root is the part used. The plant is readily detected by a milky fluid which exudes from the stem, when that is broken. This fluid, if applied to warts or

wens, is of great benefit, in most cases banishing the offensive excresences.

Government and Virtues.—It is a plant of *Mercury.* It is emetic, diaphoretic, expectorant, and epispastic. As an emetic, the powdered bark of the root (say from fifteen to twenty grains) is mild, pleasant and efficacious.

Dose.—As an expectorant it is administered three grains at a time, mixed with honey, molasses, or sugar. As a cathartic, from four to ten grains are required. It is regarded, in doses of fifteen or twenty grains, as one of the very best remedies ever discovered for the dropsy. It has cured hydrothorax, and ascites, when all other means have failed, but in order to do this, it must be carefully and skilfully prepared by a botanist of much experience.

LARKSPUR. Delphinium Consolida.

Description.—Larkspur is an annual herb, with a simple slender root, and a suberect leafy stem, from a foot to two feet in height.

History.—The Larkspur is a native of Europe, but has become naturalized in America. It grows in fields and woods, and flowers in July.

Government and Virtues.—It is under the dominion of *Saturn.* The whole plant contains an acid principle which is sure death to all kinds of domestic vermin. The flowers and leaves were extensively used in the United States army during the rebellion, to kill lice, and it is pretty well authenticated that the same substance forms the basis of the many preparations offered for the destruction of all noxious insects, whose room is better than their company. The flowers are emmenagogue, diuretic, and vermifuge. A tincture of the seeds, it is said, will cure asthma and dropsy. Also a specific for cholera morbus.

Dose.—Two ounces of the seed added to one quart of diluted alcohol, makes the tincture, of which ten drops may be given three times a day. This, however, should be used only in extreme cases.

SHEEP LAUREL. Kalmia Latifolia.

Description.—This plant has numerous names. Among o hers, *Laurel, Lambkill, Ivy, Spoonwood, Calico Bush, Mountain Laurel*, etc. It is a shrub of great beauty, varying in height from four to sixteen feet. It has crooked stems and a rough bark. The flowers are white, or variously tinged with red, and are very showy. The fruit is a dry capsule.

History.—Sheep Laurel inhabits the rocky hills and elevated grounds of most parts of the United States. Its beautiful flowers appear in June and July. The leaves are reputed to be poisonous to sheep and other animals, and it is said that birds which have eaten them will poison those who eat the birds. The leaves are the officinal part. Attention was called to their medicinal virtues by the use which the Indians make of them, viz. : a decoction by which they commit suicide.

Government and Virtues.—It is a plant of *Mercury.* The plant, in medicinal doses, is anti-syphilitic, sedative to the heart, and somewhat astringent. It is a most efficient agent in syphilis, fevers, jaundice, neuralgia, and inflammation. The preparation should be used with great care and prudence.

Dose.—The saturated tincture of the leaves is the best form of administration. It is given in from ten to twenty drops every two or three hours. Powdered leaves, from ten to twenty grains.

LAVENDER. Lavandula Vera and Lavandula Spica.

Description.—Lavandula Vera is a shrub which grows from one to two feet high, generally, but it sometimes attains an altitude of from five to six feet. Lavandula Spica is rather dwarfish in comparison. It is not used in medicine, but yields what is called *oil of spike,* which is used in the preparation of artistical varnishes.

History.—Lavandula Vera grows in the dry soils of Southern Europe, and flowers in July and August. It is largely cultivated in this country. The whole plant is aromatic, but the flowers are the parts used.

Government and Virtues.—It is under the government of

Mercury. It is a tonic, stimulant, and carminative, useful mostly in diseases of the nervous system.

THE LEMON. Citrus Limonum.

Description.—The Lemon tree is an evergreen, and grows as high as twenty feet. The flowers are middle-sized, white, purple externally, odoriferous, and somewhat similar to those of the orange.

History.—The Lemon tree is of Asiatic origin, and is cultivated largely in the West Indies. It is grown somewhat extensively in conservatories here, but its United States cultivation amounts to literally nothing. All lemons, which form all that is used in medicine, are imported.

Government and Virtues.—The Lemon tree is under the dominion of *Mercury.* The juice of the fruit is tonic, refrigerating, and anti-scorbutic. It is, in reality, the purest of citric acid, and as such is most valuable in cases of fever. It is most useful, also, in the treatment of scurvy.

Dose.—In scurvy, from four to six ounces a day will effect a cure. From one to two ounces taken daily will prevent scurvy. Four or five table-spoonsful taken daily, will sometimes cure rheumatism.

LETTUCE. Lactuca Sativa, and Lactuca Virosa.

Description.—Garden Lettuce possesses very many of the properties of opium, and, if allowed to run to seed, produces, or exudes, a juice not unlike that of the poppy. It grows in almost every temperate latitude. The Lactuca Virosa, another species of Lettuce, is a hardier and larger plant, is rank in odor, and has prickles on the keel of its leaves.

History.—The Lactuca Sativa, or common garden Lettuce, is a native of the East Indies, but has been so thoroughly acclimated here that it may be said to belong to this country by naturalization. It, as well as the Lactuca Virosa, yields large quantities of what is called Lactucarium, or Lettuce Opium.

Government and Virtues.—The Lettuce is under the dominion of *Venus.* Some good authorities say that Lactucarium is a sedative, others, equally reliable, that it is a stimulant. It is

Amaranthus.

Agrimony

Archangel

frequently used in the stead of opium, as it produces the same effects, without the unpleasant and oftentimes ruinous reaction which follows the use of the juice of the poppy.

Dose.—In pill or powder, from five to twenty grains ; of the tincture, thirty to sixty drops; of the alcholic extract from one to five grains, as circumstances may require.

LEVER WOOD. Ostrya Virginica.

Description.—This small tree, from twenty-five to thirty feet in height, is frequently called *Iron Wood*, and *Hop Hornbean.* Its real name is, however, *Lever Wood.* The wood, which is hard, white, and strong, is used for medicinal purposes, as well as the bark.

History.—The inner wood and bark are the parts in which reside the curative virtues, and the latter, which are immense, readily yield to water. The tree flowers in April and May, and is common to the United States.

Government and Virtues.—The Lever Wood tree is under the influence of *Sirius.* The bark and wood should be gathered in August or September. The preparation is anti-periodic, tonic, and alterative. It is very good in cases of intermittent fever, neuralgia, nervous debility, scrofula, and dyspepsia. It is sometimes administered, with fair success, as a remedy for fever and ague.

Dose.—Decoction, one or two fluid ounces three or four times a day.

LIFE ROOT. Senecio Aureus.

Description.—This plant has many names. Among others, it bears the titles of *Ragwort*, *False Valerian*, *Squaw-weed*, *Golden Senecio*, and *Female Regulator*. The flowers are golden yellow. The stem is erect and smoothish, varying from one to two feet in height.

History.—The plant is perennial and indigenous, growing on low marshy grounds, and on the banks of creeks. The northern and western parts of Europe are where it is mostly found, and the flowers culminate in May and June. The root and herb are the parts employed for medicinal purposes. There are

several varieties of this plant, but as all possess the same medicinal properties, it is unnecessary to specify them. The whole herb is used of all the varieties.

Government and Virtues.—It is under the dominion of *Saturn.* It is diuretic, pectoral, diaphoretic, and tonic, and exerts a very powerful and peculiar influence upon the reproductive organs of females. This has given it the name of *Female Regulator.* Combined with the Lily, and other native and foreign plants, it is one of the most certain cures in the world, for aggravated cases of leucorrhea; also in cases of menstrual suppression. It will operate excellently in gravel, and other urinary affections.

Dose.—Ordinary decoction.

LILY ROOT (MEADOW.) LILIUM CANDIDUM.

Description.—This plant has a perennial root or bulb, from which rises a thick stem from three to four feet in height. The flowers are large, snow-white, and common.

History.—The Meadow Lily is an exotic. It is a native of Syria and Asia Minor. The flowers are regarded as being very beautiful, but are not used for medicinal purposes. The plant is principally cultivated for the flowers. The bulb is the part used for its curative properties. Water extracts its virtues.

Government and Virtues.—It is under the dominion of *Venus.* It is mucilagenous, demulcent, tonic, and astringent. It is chosen by some of our best botanical practitioners as a certain remedy for leucorrhea, and falling of the womb, and for these affections, when combined with Life Root and other herbal preparations, is without an equal. Sometimes the recent root is used to advantage in dropsy. Boiled in milk, it is also useful for ulcers, inflammations, fever-sores, etc. I prepared from these plants, together with several others of English growth, an injection for leucorrhea, which proved speedily and eminently successful, in one of the most severe cases that ever came to my knowledge. The patient was Mrs. Atkins, of Boston, Massachusetts. Should any of my lady readers be afflicted by any of the above complaints, I should be pleased to have them write

to me all the particulars of their case, and according to the description, and the extent of the affliction, I will make and send at a reasonable price, an injection and tonic pill, which will be peculiarly and particularly adapted to the individual case.

LION'S FOOT. Nabulus Albus.

Description.—This plant is known in some parts of the country as *Rattlesnake Root.* It is an indigenous, perennial herb, with a stout stem, and from two to four feet in height. There are several varieties, but they vary indifferently.

History.—This plant grows plentifully in moist woods and in rich soils, from New England to Iowa, and from Canada to Carolina. The root, leaves, and juice of the plant are employed.

Government and Virtues.—It is governed by the dog-star. A decoction of the root taken internally will operate most favorably in cases of dysentery. The milky juice of the plant is taken internally, while the leaves, steeped in water, are applied as a poultice (and frequently changed) for the bite of a serpent.

LOBELIA. Lobelia Inflata.

Description.—This plant is pretty generally known as *Indian Tobacco,* although it is called *Wild Tobacco* by some. It is an annual or biennial, indigenous plant (more commonly the latter,) with a fibrous, yellowish white root, and an erect, angular, very hairy stem, much branches, and from six inches to three feet in height. The flowers and seeds are very prolific.

History.—Lobelia flowers from July to November, and grows in nearly all parts of the United States in fields, woods and meadows. The whole plant is active, and the stalks are used indiscriminately with the flowers and leaves, by those who are best acquainted with its properties. The root is supposed to be more energetic, medicinally, than any other part of the plant. The proper time for gathering is from the last of July to the middle of October. The plant should be dried in the shade, and then be preserved in packages, or covered vessels, more especially if it be reduced to powder. It was used in domestic

practice by the people of New England long before the time of Samuel Thompson, its assumed discoverer.

Government and Virtues.—The Lobelia is under the government of *Herschel.* Administered internally, it is emetic, nauseant, expectorant, relaxant, sedative, anti-spasmodic, and secondarily cathartic, diaphoretic and astringent. It is extensively used to subdue spasms, and will give relief in epilepsy, tetanus, cramps, hysteria, chorea, and convulsions ; but it is merely a temporary relief when administered internally, and if not used with great skill and caution in that way, may do as much harm as good. Applied externally, in the form of an ointment, combined with healing and soothing barks and roots, it is decidedly the best counter-irritant known to mankind. In this shape, its equal has never been discovered, and probably never will be. This is one of the ingredients of "The Etherial Ointment," a full description of which will be found on page 297 of this work. There are any number of officinal preparations of Lobelia, but it is the opinion of the author of this book that its chief value consists in being made into an ointment, with other rare and potent ingredients. There is nothing in nature that can favorably compare with it in this form. In other shapes it may be useful; but it is also dangerous.

LUNGWORT. Pulmonaria Officinalis.

Description.—The plant is rough, with a stem about one foot in height. The flowers are blue, and in terminal clusters.

History.—Lungwort is a herbaceous perennial, growing in Europe and this country, in Northern Latitudes. In Europe it is a rough-leaved plant, but in this country the entire plant is smooth, which exhibits the peculiar climatic influence. It is showy, and freely cultivated. It flowers in May. The leaves are used for medicinal purposes. They are without any particular odor. Water extracts their properties.

Government and Virtues.—It is under the dominion of *Mercury.* The preparation is demulcent and mucilaginous, and is a decoction very useful in bleeding from the lungs, and

bronchial and catarrhal affections. For further particulars I refer the reader to the second paragraph on page 201.

MADDER. Rubia Tinctorum.

Description.—Madder has a perennial, long, cylindrical root, about the thickness of a quill. This is the part used, chiefly for its coloring matter.

History.—Madder is a native of the Mediterranean, and Southern European countries. The drug is chiefly imported from Holland and France. The root is collected in the third year of the plant, when it is freed from its outer covering and dried. It is valued as a dye stuff for its red and purple.

Government and Virtues.—It is a plant of *Mercury.* It is sometimes used to promote the menstrual and urinary discharges, but is not in very great favor. Combined in a preparation with other ingredients, it is of some considerable remedial value.

Dose.—Thirty grains three or four times a day. If used frequently, it will color the bones red.

MAD DOG WEED. Alisma Plantago.

Description.—This plant is sometimes denominated *Water Plantain,* but its proper name is that which stands at the head of this paragraph. It is a perennial. The flowers are small, white, whorled and numerous. The root is fibrous.

History.—It inhabits the North American continent as well as Europe, grows in watery places, and flowers in July. The leaves are the parts used.

Government and Virtues.—It is under *Mercury.* It was once considered a capital remedy for hydrophobia, hence its name; but experience has demonstrated that as a cure for this horrible infliction, it is impotent. In urinary diseases and affections, an infusion of the leaves, which must be dried and powdered, is very efficacious.

Dose.—Of the infusion above mentioned, from four to six fluid ounces three or four times a day. The fresh leaves when bruised, form a very good but mild counter-irritant.

MAIDENHAIR. Adiantum Pedatum.

Description.—Maidenhair is a delicate and beautiful fern, growing from twelve to fifteen inches high.

History.—Maidenhair is perennial, and grows throughout the United States in deep woods, on moist, rich soil. The leaves are bitterish and somewhat aromatic, and part with their virtues upon being immersed in boiling water.

Government and Virtues.—It is a plant of *Venus*. It is refrigerant, expectorant, tonic, and sub-astringent. A decoction of this plant is most gratefully cooling in febrile diseases, and it is a great benefit in coughs, catarrh, hoarseness, influenza, asthma, pleurisy, etc. It is one of the articles of many used in making the "Acacian Balsam," for a description of which see page 285.

MAGNOLIA. Magnolia Glauca.

Description.—The Magnolia is called by other names, such as *Swamp Sassafras*, *Sweet Magnolia*, *Beaver Tree*, *White Bay*, etc. It grows from six to thirty feet in height, obtaining a larger altitude the further south it is found. It has smooth and ash-colored bark, elegant, odoriferous, cream-colored flowers, and can be found in morasses from Massachusetts to the Gulf of Mexico. It flowers from May to August. There are other varieties which do not require especial mention, or especial description.

History.—The therapeutical virtues of these trees are found in the bark and fruit. The bark of both the trunk and the root are employed. The odor is aromatic, and the taste bitterish, warm and pungent. It is gathered during the Spring and Summer.

Government and Virtues.—It is a plant of *Mars*. The bark is an aromatic, tonic bitter, and is also anti-periodic. It is used much in the stead of chinchona, and will remedy the intermittent fevers when chinchona has failed. It is used frequently as a substitute for Peruvian Bark, as it can be continued for a longer time and with more safety. Properly

prepared, it may be used as a substitute for tobacco, and will break the habit of tobacco chewing.

Dose.—In powder, half drachm or drachm doses five or six times a day. The infusion is taken in wine-glassful doses five or six times a day. The tincture, made by adding two ounces of the cones to a pint of brandy, will be found beneficial in dyspepsia and chronic rheumatism.

COMMON MALLOW. Malva Sylvestris.

Description.—This herb is perennial, and is sometimes called *High Mallow.* It has a round stem, two or three feet high, and a tapering, branching, whitish root. The leaves are alternate, deep green, soft and downy.

History.—The mallow is a native of Europe, but is naturalized in this country. It grows abundantly in fields, waysides, and waste places, and flowers from May to October. The whole plant, especially the root, abounds in mucilage.

Government and Virtues.—The plant is under the dominion of *Mercury.* It possesses the properties common to mucilaginous herbs, and an infusion thereof forms an excellent demulcent in coughs, irritations of the air passages, flux, affections of the kidney and bladder, etc. In inflammatory conditions of the external parts, the bruised herb forms an excellent application, making, as it does, a natural emollient cataplasm.

MANDRAKE. Podophyllum Peltatum.

Description.—The Mandrake is called by the several names of *May Apple, Wild Lemon, Racoon berry,* and *Wild Mandrake.* It is indigenous, and is a perennial. The stem is simple, round and smooth—the leaves are large. The flower is solitary in the fork of the stem, is white, large, and about two inches in diameter. The fruit is fleshy, of a lemon color, with brownish spots when ripe.

History.—The Mandrake is found throughout the United States, in low, shady situations, rich woods and fields, and flowers in May and June. The fruit matures in September and October. It is scarcer in New England than elsewhere. The

leaves are poisonous. The root, properly prepared, is used for medicinal purposes.

Government and Virtues.—It is under the dominion of *Mars*. The root is cathartic, emetic, alterative, anthelmintic, hydragogue and sialagogue. It is an active and certain cathartic, being equal, if not superior, to jalap, although operating more slowly. Its active principles are readily taken up by alcohol or ether. It forms what is called *podophyllin*. It is very valuable in bilious and febrile disease as a cathartic, or emeto-cathartic, often breaking off the disease at once. In constipation, it acts upon the bowels without disposing them to subsequent costiveness.

Dose.—Of the powdered root as a cathartic, from ten to thirty grains. Of the tincture, from ten to forty drops.

MAN-IN-THE-GROUND. Convolvulus Panduratus.

Description.—This, like most medicinal plants, has quite a number of names. It is called the *Wild Potatoe, Wild Jalap, Man-of-the-Earth, Mechameck*, etc., and has a perennial, very large tapering root, with several stems from four to eight feet long from the same root. The leaves are two or three inches long, and the flowers are white, but dull purple towards the base.

History.—Man-in-the-Ground, or Wild Potatoe, belongs to the United States, and grows in light, sandy soils. It flowers from June to August, but is rarely found in northern latitudes. The root is the officinal part. Its best solvent is alcohol, or spirits. Water will extract its active properties.

Government and Virtues.—It is governed by *Jupiter*. It is a cathartic if powdered and taken in doses of from forty to sixty grains. The infusion, taken in wineglassful doses every hour, is useful in dropsy, strangury, and calculous affections. It seems to exert an influence over the lungs, liver and kidneys, without excessive diuresis or catharsis. The milky juice of the root is said to be a protection against the bite of the rattle-snake.

MONKSHOOD. Aconitum Napellus.

Description.—The common name of the plant is *Wolfsbane*. The root is large, fibrous, and whitish internally. The stems

are simple, straight, erect, round, and about five feet high. The leaves are alternate. The flowers are large and of a deep bluish purple.

History.—This perennial herb is a native of most parts of Europe, growing in wooded hills and plains, and is much cultivated in gardens. It flowers in May and June. All parts of the plant contain powerfully poisonous properties; but the root is the part most generally employed for medicinal purposes. It yields *aconite.*

Government and Virtues.—It is under the influence of *Mars.* In improper doses aconite, a preparation of Monkshood, is an energetic acro-narcotic poison. As a sedative and anodyne, it is useful in all febrile and inflammatory diseases, and, indeed, in all affections in which there is an increase of nervous, vascular, or muscular action. In acute rheumatism, pneumonia, peritonitis, gastritis, and many other acute disorders, it has been used with the most decided advantage. Its action is more especially displayed in the highest grades of fever and inflammation.

Dose.—The best preparation is the alcoholic extract, formed by evaporating a tincture made of a pound of aconite and a quart of alcohol. The dose is one-eighth of a grain.

MOSS, (CORSICAN.) Fucus Helminthocorton.

Description.—It has purple branches, and is short and thrifty.

History.—It is a marine plant, growing on the Mediterranean coast, and especially on the Island of Corsica. It is cartilaginous in consistence, is of a dull and reddish brown color, has a bitter, salt and nauseous taste, and its odor is rather pleasant. Water dissolves its active principles.

Government and Virtues.—It is governed by *Venus.* It is anthelmintic. In cases of intestinal worms, it is without an equal.

Dose.—From ten to sixty grains, mixed with molasses or syrup, or in infusion.

MOTHERWORT. Matricaria.

Description.—The root abides in the ground, as the Horehound does, the smell of both being much alike. It has a

strong stalk, rising three or four feet high; the leaves are of a sad green color, somewhat broad and long, and looking as if crumpled, deeply dinted about the edges, and almost divided. The flowers are red or purple, resembling those of Horehound, after which come small, round, blackish seeds in great plenty. It is a native of England, and grows only in gardens.

Government and Virtues.—It is an herb of *Venus*, under *Leo*. It cleanses the chest of mucus and cold phlegm, takes away melancholy vapors from the heart, strengthens it, and makes it merry. It makes women joyful mothers of children, strengthening the womb; hence its name of *Motherwort*. It may be kept in a syrup or conserve, and will be found useful in trembling of the heart, and faintings and swoonings.

MULLIEN. Verbascum Thapsus.

Description.—Mullien is a biennial plant, with a short, tall, stout, wooly stem, from three to five feet high. The leaves are alternate, oblong, rough, and indented at the margin,—the flowers golden-yellow, arrayed in a dense, spiked, club-shaped form.

History.—Mullien is common in the United States, but said to have been introduced from Europe. It grows in recent clearings, slovenly fields, and along the side of roads, flowering from June to August. The leaves and the flowers are the parts used. They have a faint, rather pleasant odor, and a somewhat bitterish, albuminous taste, and yield their virtues to boiling water.

Government and Virtues.—It is a plant under the dominion of *Saturn*. It is demulcent, diuretic, anodyne, and antispasmodic, the infusion being useful in coughs, catarrh, bleeding from the mouth or lungs, diarrhœa, dysentery and piles. It may be boiled in milk, sweetened, and rendered more palatable by aromatics, for internal use, especially bowel complaints. A fomentation of the leaves in hot vinegar and water, forms an excellent local application for inflamed piles, ulcers and tumors, mumps, acute inflammation of the tonsils, malignant sore throat,

etc. A handful of them may be also placed in an old teapot, with hot water, and the steam be inhaled through the spout, in the same complaints.

MYRRH. Balsamodendron Myrrha.

Description.—The Myrrh tree has a shrubby, arborescent stem, with spinescent branches, a very pale gray bark, and a yellowish white wood. The leaves are remote, on short petioles, and the fruit larger than a pea, smooth and brown.

History.—The Myrrh-tree grows in Arabia, and in the regions between Abyssinia and the Red Sea. The juice flows naturally, like cherry-tree gum, upon the bark. At first it is soft and pale yellow, but by drying becomes hard, darker and redder, and forms the medicinal Gum Myrrh. It is readily powdered, and has a peculiar, agreeable, balsamic odor, and a bitter, aromatic, not unpleasant taste.

Government and Virtues.—It is a plant of *Venus.* It is a stimulant of the mucous tissues, and used to promote expectoration, as well as menstruation; and is highly useful in enfeebled conditions of the body, excessive mucous secretion, chronic catarrh, leucorrhoea, etc. Also in laryngitis, bronchitis, humoral asthma, and other diseases of the air tubes, accompanied with profuse secretion, but expelled with difficulty. It is valuable in suppressed menses and cases of anæmia; also as a local application to indolent sores, gangrenous ulcers, aphthous or sloughy sore throat, spongy and ulcerated condition of the gum, cones of the teeth, etc.

Dose.—In powder and pill, ten to thirty grains; of the tincture, from half to two tea-spoonsful.

NARROW LEAF VIRGINIA THYME. Pycnanthemum Pilosum.

Description.—This is an indigenous, perennial plant, with long and soft whitish hairs, and a subsimple stem. The flowers are white.

History.—It is found in low grounds, dry hills, and plains, from Ohio and Illinois extending southward, and flowering in

July and August. The whole plant is used, and has the taste and odor peculiar to the mint family.

Government and Virtues—It is under the dominion of *Mars*. It is diaphoretic, stimulant, anti-spasmodic, carminative, and tonic. A warm infusion is very useful in puerperal, remittent, and other forms of fever, coughs, colds, catarrhs, etc., and is of much benefit in spasmodic diseases, especially colic, cramp of the stomach, and spasms of infants. The cold infusion is a good tonic and stimulant during convalescence from exhausting diseases. It forms a most certain remedy for catarrh when combined with other native and foreign herbs and roots. This remedy for catarrh, which I prepare when ordered, I send at a moderate expense, to any patient who writes me a clear description of the case.

Dose.—From one to four fluid ounces of the warm or cold infusion, several times a day.

NETTLE (COMMON, DWARF, STINGLESS.) URTICA DIOICA, URTICA URENS, URTICA PUMILA.

Description.—The Common Nettle, known extensively as the great stinging Nettle, is a perennial, herbaceous, dull green plant, armed with minute, rigid hairs or prickles, which transmit a venemous fluid when pressed. The flowers are small and green.

The Dwarf Nettle has a branching, stinging stem one or two feet high.

The Stinging Nettle, or Cool Weed, has a smooth, shining, weak and branched stem, from four to eighteen inches high.

History.—The Common Nettle is well known both in America and in Europe, and grows in waste places, beside hedges and in gardens, flowering from June to September. So do the Dwarf and Stingless Nettle. These plants possess similar qualities. The leaves and root are the parts used. The leaves of the Common Nettle contain Formic Acid. The young shoots have been boiled and eaten as a remedy for scurvy.

Government and Virtues.—All the Nettles are under the

government of *Herschel.* Their properties are astringent, tonic, and diuretic. In decoction they are valuable in diarrhea, dysentery and piles—also in hemorrhages, scorbutic and febrile affections, gravel, and other nephritic complaints. The leaves of the fresh Common Nettle stimulate, inflame, and raise blisters upon those portions of the skin to which they may be applied, and they have, as a natural consequence, often been used as a powerful rubefacient. They are an excellent styptic, checking the flow of blood from surfaces almost immediately upon their application. The seeds and flowers are given in wine for agues. The Dwarf Nettle is the favorite remedy for uterine flow. The Stingless Nettle is agreeably employed in the cure of inflammatory rheumatism.

Dose.—(Common Nettle.) Of the powdered root or leaves, from twenty to forty grains ; of the decoction from two to four fluid ounces.

NET LEAF PLANTAIN. Goodyera Rubescens.

Description.—The differing names of this plant are *Adder's Violet, Rattlesnake Leaf, Scrofula Weed,* etc. The leaves are radical, ovate, and dark green.

History.—This herb grows in various parts of the United States, in rich woods and under evergreens, and is commoner southward than northward, although there is a variety (*Goodyera Repens*) which is plentiful in colder regions of America. It bears yellowish white flowers in July and August. The leaves are the parts employed, and yield their virtues to boiling water.

Government and Virtues.—The plant is under the dominion of *Jupiter.* It is anti-scrofulous, and is known to have cured severe cases of scrofula. The fresh leaves are steeped in milk and applied to scrofulous ulcers as a poultice, or the bruised leaves may be laid on them, and in either case they must be removed every three hours ; at the same time an infusion must be taken as freely as the stomach will allow. It is also good as a wash in scrofulous opthalmia. In my opinion scrofula is

one of the most obstinate and many-shaped afflictions to which the human race is subjected, but in the production of this and other native and foreign plants, nature has shown her great charity and kindness towards us. There is a preparation, of which the Net Leaf Plantain forms a material part, which will surely banish all scrofulous taint and effect. Any person suffering from one or more of the many forms of scrofula, can procure this, or a kindred preparation, by writing me a full description of their case. In some of these cases a powerful tonic is required, and this has to be prepared in obedience to the peculiarities of the individual affliction.

NIGHTSHADE (GARDEN.) Solanum Nigrum.

Description.—This is a fetid, narcotic, bushy herb, with a fibrous root, and an erect, branching, angular, herbaceous, thornless stem one or two feet in height. Flowers, white or pale violet, with a musky scent.

History.—The Garden or Deadly Nightshade is found growing along old walls, fences, and in gardens, in various parts of the United States, flowering in July and August. The leaves are the parts employed, and yield their properties to water, alcohol, or fixed oils.

Government and Virtues.—The plant is under the dominion of *Mercury*. It is a narcotic and sedative, producing, when given in large doses, sickness and vertigo. One to three grains of the leaves, infused in water, will produce a copious perspiration and purge on the day following. They have been freely used in cancer, scurvy and scrofulous affections, in the form of an ointment. Very small doses are taken internally. These should always be prescribed, and their effects watched by a physician. It is better to use the plant only in the form of an ointment. The berries are poisonous and will produce torpor, insensibility and death.

NORWAY PINE. Abies Excelsa.

Description.—This tree inhabits Germany, Russia, Norway, and other northern parts of Europe, as well as of Asia. It is

a large tree, often having a diameter of three or four feet, and an altitude of one hundred and forty feet. It is acrid, irritating mucous surfaces with which it comes in contact, causing sneezing, nausea, vomiting, or purging, according to the parts acted upon.

History.—The Norway Pine and the Norway Spruce Fir yield what is known as *Burgundy Pitch.*

Government and Virtues.—The tree is under the dominion of *Mercury.* Burgundy Pitch is generally used externally to produce a redness of the surface, with a slight serous exhalation. It is employed as a counter-irritant in chronic diseases of the lungs, stomach, intestines, etc., and is regarded with favor as a local application in rheumatic affections.

NUTMEG. Myristica Moschata.

Description.—The Nutmeg grows from twenty to twenty-five feet high, having a grayish brown and somewhat smooth bark, abounding in a yellow juice. The branches are spreading. The fruit yields what is called mace. The seed, or nutmeg, is well known to all housekeepers and others, and does not need to be described.

History.—The Nutmeg tree is indigenous to the Molucca Isles, and is raised in Sumatra, French Guinia, Mauritius, and various West Indian Islands. They are harvested in different latitudes in different months—in March, April, July, August and November. The virtues of the nutmeg are extracted by alcohol or ether. The powder of nutmegs beaten to a pulp, with a little water, and pressed between heated plates, yields from ten to thirty per cent. of a fragrant, orange-colored, concrete oil, commonly but erroneous called oil of mace.

Government and Virtues.—The tree is under the dominion of *Mars.* Both nutmeg and mace possess aromatic, stimulating properties, and are occasionally used to remove flatulency, correct the nausea arising from other drugs, and to allay qualmishness and vomiting. Piles are sometimes cured by grated nutmeg, mixed with lard. It is used, in cases of fever, combined with alum and other ingredients, with great good effect.

NUX VOMICA. Strychnos Nux Vomica.

Description.—This is a moderate sized tree, with a short, thick, often crooked trunk. The branches are irregular and covered with smooth ash-colored bark. The flowers are small, greenish white, and funnel-shaped.

History.—The Nux Vomica tree inhabits Coromandel, Ceylon, and other parts of the East Indies. The seeds are the parts used in medicine.

Government and Virtues.—It is under the influence of *Mercury.* It is an energetic poison, exerting its influence chiefly upon the cerebro-spinal system. It is supposed to affect the spinal cord principally. It is a favorite medicine for paralysis and nervous debility generally, but as there other medicines for the same maladies and diseases quite as efficacious and less dangerous, it should be used very seldom, if ever, and always with extreme caution.

OAK (WHITE, RED and BLACK.) Quercus Alba, Ruba, and Tinctoria.

Description.—This is a forest tree, varying in size according to the climate and the soil. Its diameter is from three to six feet—its height from sixty to one hundred feet. There is also the Red and the Black Oak, both averaging about the same size as the White.

History.—Quercus is a very extensive and valuable genus, consisting of many species, a large proportion of which grow in the United States. Their usual character is that of astringent, and the three above described are those which have been more particularly employed in medicine. The bark of the tree is the portion used. White Oak bark is the one chiefly used in medicine. It is of a pale brownish color, faintly odorous, very astringent, with a slight bitterness, tough, breaking with a stringy or fibrous fracture, and not readily powdered. It contains a very large proportion of tannic acid. Black Oak bark is also used as an astringent externally, but is rarely employed internally, as it is liable to derange the bowels. It is also used

in tanning, and for dying. Red Oak bark also contains considerable tannin, and is chiefly applied externally in the treatment of cancers, indolent ulcers, etc.

Government and Virtues.—The trees are severally under the dominion of *Mars, Jupiter* and *Saturn.* The bark is slightly tonic, powerfully astringent and antiseptic. It is useful internally in chronic diarrhœa, chronic mucous discharges, passive hemorrhages, and wherever an internal astringent is required. In colliquative sweats, the decoction is usually combined with lime water. The gargle and injection are extensively used for sore throat, whites, piles, etc. A bath of the decoction is often advantageous in cutaneous diseases, but should only be used when ordered by a physician.

Dose.—Of the decoction, one or two fluid ounces. Of the extract, from five to twenty grains.

OAT (OATMEAL.) Avenæ Farina.

Description.—Avena Sativa, or the Common Oat, has a smooth stem, from two to four feet high,—root fibrous, annual.

History.—Oats have been mentioned by Greek and Roman writers. They are cultivated in all temperate northern latitudes. The seed is kiln-dried, stripped of its outer husk or skin, and ground. It is then oatmeal, a favorite article of food in Scotland, but used in America only for diet in the sick room. It is odorless, of a dingy white, and quite bitter to the taste.

Government and Virtues.—It is under the dominion of the *Moon.* It is nutritive and demulcent. It is good in habitual constipation; but is of little benefit in dyspepsia. It makes a grand gruel for the convalescent. Oatmeal made into a common cake, baked and browned like coffee, then ground and made into an infusion, forms a drink which will be found excellent for nausea, dysentery, diarrhœa, cholera morbus, and irritable conditions of the stomach.

OKRA. Abelmoschus Esculentus.

Description.—This is an annual plant, known also by the name of *Gombo.* The stems are somewhat woody around the

base, erect, branched, round, from three to six feet in height, and three or four inches in diameter. The flowers are of a pale yellow color with a dark crimson bottom.

History.—The Okra is a native of the West Indies. It is also raised in the Southern parts of the United States, where the capsule is employed for soups, and for pickles. The capsule is the part employed, and is highly mucilaginous. The seeds of another variety, it is said, are sometimes used by the Arabians to mix with their coffee, but of this we have no positive evidence.

Government and Virtues.—The Okra is under the dominion of *Saturn*. It is mucilaginous, and may be employed wherever emollients and demulcents are indicated. The leaves make an unsurpassable softening and relaxing cataplasm. The seeds are used much, on account of their agreeable odor, by perfumers.

OLD MAN'S BEARD. Chionanthus Virginica.

Description.—This is a shrub, or small tree growing from eight to twenty-five feet high. There is nothing remarkable about the stem or leaves. The flowers are in dense pendulous panicles, the calyx being very small, the corolla consisting of four long and linear petals, etc.

History.—It is sometimes called the *Fringe tree*, and is very ornamental, and is much cultivated in gardens from Pennsylvania to Tennessee. It grows on river banks and on elevated places, presenting clusters of snow-white flowers in May and June. The bark of the root, which imparts its properties to water or alcohol, is the part used.

Government and Virtues.—It is under the dominion of *Mercury*. The bark is aperient, alterative, and diuretic, with some narcotic properties. An infusion is recommended for bilious, typhoid, and intermittent fevers. To convalescents who are suffering from the effects of exhaustive diseases, it is an excellent tonic and restorative. It can be used to advantage as a poultice for ulcers, wounds, and external inflammations.

Dose.—Of the infusion, from the half a fluid ounce to two

fluid ounces, repeated several times through the day, according to the influence it exerts upon the system.

OLD FIELD BALSAM. Gnaphalium Polycephalum.

Description.—This plant is also known as *White Balsam, Sweet-scented Life Everlasting*, etc. It is indigenous, herbaceous and annual, with an erect, whitish, woolly, and much-branched stem, which grows to the height of one or two feet. The flowers are tubular and yellow.

History.—Old Field Balsam is found in Canada, and various parts of the United States, growing in old fields and on dry barren lands. It bears whitish yellow flowers in July and August. The leaves have a pleasant aromatic smell, and are the parts used. They readily yield their properties to water.

Government and Virtues.—It is under the dominion of *Venus* in the sign of *Virgo*. It is an astringent. Ulcerations of the mouth and throat are relieved by chewing the leaves and blossoms. In fevers, a warm infusion is found to be very serviceable; also in quinsy, and pulmonary and bronchial complaints. It is also valuable, in infusion, for diseases of the bowels, and hemorrhages; and the leaves, applied to bruises, indolent tumors, and other local affections, are said to be very efficacious.

ONION. Allium Cepa.

Description.—The Onion has a root bearing a tunicated bulb.

History.—The Onion is a biennial plant, and is supposed to be a native of Hungary. It is now, however, found in all parts of the world.

Government and Virtues.—It is a plant of *Mars*. The Onion made into a syrup is good for coughs and colds. A saturated tincture of Onions made with the *best* Holland gin, will sometimes cure, or always relieve, gravel and dropsy. It should be avoided, however, by all dyspeptics in any shape whatever.

ORANGE. Citrus Aurantium.

Description.—The Orange is a middle-sized evergreen tree with an aborescent stem, covered with bark of a greenish brown color, and having axillary spines on the branches. The flowers are large and white, rendering the atmosphere around very fragrant.

History.—The Orange is a native of Asia, and is cultivated in the southern parts of Europe and America, and in the West Indies. The fruit varies according to the climate in which it is grown. The China Orange is the sweetest. Orange Flower Water, which is prepared in France and Italy, for perfuming purposes, is said to be an excellent anti-spasmodic. The outer rind of the orange is used for medicinal purposes, the inner or pulply rind being discarded in consequence of its tendency to mould. Orange peel yields a volatile oil, which is of considerable use. It must not be confounded with Oil of Neroli, which is of an inferior grade.

Government and Virtues.—The Orange is under the dominion of *Venus*. The peel is aromatic and slightly tonic. In order to correct the taste of disagreeable medicines, it is very liberally used.

Dose.—Of the rind of the Seville orange, as a tonic, from thirty to sixty grains, three times a day.

PAPOOSE ROOT. Caulophyllum Thalictroides.

Description.—This plant is known as *Blue Cohosh*, and *Squaw Root*. It is a smooth glaucous plant, purple when young, with a high round stem from one to three feet in height. The flowers appear in May and June.

History.—It is a handsome perennial plant, growing in all parts of the United States, near running streams, and in low, moist, rich grounds. Also in swamps and on islands. The seeds, which ripen in August, make a decoction which closely resembles coffee. The berries are dry and rather mawkish. The Officinal part is the root.

Government and Virtues.—It is a plant of *Jupiter*. It is

principally used as an emmenagogue, parturient, and anti-spasmodic. It also possesses diuretic, diaphoretic and anthelmintic properties. It is employed in rheumatism, colic, cramps, hiccough, epilepsy, hysteria, uterine inflammation, etc.

Dose.—Of the decoction, from two to four fluid ounces three or four times a day.

PARSLEY. Petroselinum Sativum.

Description.—This is a biennial plant, with a fleshy, spindle-shaped root, and a round, erect, smooth, branching stem. The flowers are white or greenish.

History.—Although Parsley is reared in all parts of the civilized world as a culinary vegetable, it is a native of Europe. The root is the officinal part. From the seeds French chemists have succeeded in obtaining an essential oil, named *Apiol*, which has proved to be a good substitute for quinia in intermittent fevers.

Government and Virtues.—It is governed by *Venus*. It is diuretic, and very excellent in dropsy and other exanthematous diseases. It is also frequently used to remedy retention of urine, strangury, and gonorrhœa. The seeds are sometimes used as carminatives. They will kill vermin in the head. The leaves, bruised, are a good application for contusions, swelled breasts and enlarged glands.

Dose.—Of the oil, for diuretic purposes, three or four drops a day; of the infusion, two to four fluid ounces three or four times a day.

PARTRIDGE BERRY. Mitchella Repens.

Description.—This is an indigenous evergreen herb, with a perennial root, from which arises a smooth and creeping stem, with flat, dark green and shining leaves. The fruit is dry and berry-like. It is sometimes called by the titles of *One Berry*, *Winter Clover*, *Deer Berry*, etc.

History.—Partridge Berry is indigenous to the United States. It grows both in dry woods and swampy places, and flowers in June and July. The berry is bright scarlet and edible, but

nearly tasteless. The leaves, which look something like clover, remain green throughout the winter. The whole plant is used, readily imparting its virtues to alcohol or boiling water.

Government and Virtues.—The plant is under the dominion of *Venus*. Partridge Berry is parturient, (producing or promoting child-birth, or labor,) diuretic and astringent. In all uterine diseases it is highly beneficial. The Indian women use it for weeks before confinement, in order to render parturition safe and easy. Ladies who wish to use it for that purpose, however, should consult an herbal physician of experience for a proper, safe, and effectual preparation. The remedy is exclusively American, not being used or even noticed by European practitioners.

Dose.—Of a strong decoction, from two to four fluid ounces, three or four times a day. The berries are good for dysentery. They are also highly spoken of as a cure for sore nipples. The application for the nipples is made by boiling a strong decoction of the leaves down to a thick liquid, and then adding cream to it. It is not, however, equal to the Ethereal Ointment, for an account of which see page 297.

PEACH. Amygdalis Persica.

Description.—The Peach tree is well known by almost every person. It is commonly considered a native of Persia, springing by cultivation from the Almond. Flowers, rose-color, appearing before the leaves. The leaves are green, from three to five inches long.

History.—The Peach tree is cultivated in all parts of the United States, where its fruit reaches a greater degree of completion and excellence than in any other country. Its height is from eight to fifteen feet. Its fruit is large, being from one to four inches in diameter, juicy, containing sugar, malic acid, etc., and of a delicious flavor. There are about two hundred varieties of this fruit, of which one-third are *cling-stones*, the flesh adhering to the stone, and the remainder *free-stones* or *clear* stones, the flesh free, or separating from the stone, the

stone resembling very much a hardshell almond. The kernels somewhat resemble bitter almonds, but are smaller, and possess similar medical virtues. Hydrocyanic acid can be obtained from all parts of the tree.

Government and Virtues.—Like the Almond, it is a plant of *Lady Venus.* Peach leaves in *infusion* are useful in morbid irritability of the bladder, and urethra, in petussis, ischaria, hematuria, and nausea, as well as in all inflammations of the stomach and abdomen. They act as a *sedative* in doses of a tablespoonful every hour or two of the *cold-infusion.* In larger doses, the infusion slightly acts upon the bowels, and has been found useful in removing worms. The kernels are similarly employed in the form of tincture, infusion, or syrup. Four ounces of the kernels to a quart of brandy form a powerful tonic in intermittent fever, and are remarkably efficacious in curing leucorrhœa or whites, in females.

Dose.—A teaspoonful three or four times a day.

The milk or cream of the kernels being drawn forth with some *Vervain* water, applied to the head or temples will induce sleep in sick persons requiring it. A few drops of the oil dropped in the ears will ease pains in them. The juice of the leaves will do the same. The kernels bruised and boiled in vinegar to a thick paste or ointment, will cause the hair to grow upon bald places, or where the hair is too thin.

PEARL FLOWERED LIFE EVERLASTING

ANTENNARIA MARGARITACEUM.

Description.—This is a perennial plant, with a simple, erect stem.

History.—This plant is sometimes called Sweet Balsam. It is slightly fragrant, and grows in dry hills and woods throughout the United States. It is from one to two feet in height, and bears yellow and white flowers in July.

Government and Virtues.—It is under the dominion of *Jupiter.* The leaves, which are the parts used, are anodyne, astringent and pectoral. They are regarded as one of the most valu-

able agents known to the medical faculty in the cure of Pulmonary affections, and of obstinate diarrhœa and dysentery. The chief value is, however, in its action upon diseases of the lungs and liver. It is said to be unfailing in the cure of the bites of poisonous insects and reptiles, applied externally as a hot poultice. Its soothing, restorative, and healing qualities are unlimited. See article on "Acacian Balsam," page 291.

Dose.—Ordinary infusion.

PENNYROYAL. Hedeoma Pulegioides.

Description.—Pennyroyal is too well known to require any particular description. The American Pennyroyal is an annual plant, sometimes called *Tickweed, Squawmint*, etc. It has a fibrous, yellow root, and an erect, branching, rather angular stem, from six to twelve inches high. The leaves are half an inch or more long, oblong, smooth above and rough below, with one or two teeth on each side. The flowers are quite small, light blue or purple, in six-flowered axillary whorls.

History.—It is different from the European Pennyroyal, growing in barren woods and dry fields, particularly in limestone countries, flowering from June to October, and rendering the air fragrant for some distance around it. It has a peculiar aromatic odor, which, however, is very offensive to some persons, and a hot, pungent, aromatic taste. The Pennyroyal found in England does not materially differ from the American plant, and possesses similar medical properties.

Government and Virtues.—The herb is under *Venus*. It is a stimulant, diaphoretic, emmenagogue and carminative. The warm infusion used freely will promote perspiration, restore suppressed lochia, and excite the menstrual discharge when recently checked. It is often used by females for this last purpose, a large draught being taken at bed-time, the feet having been previously bathed in warm water. The warm infusion is employed with advantage in the flatulent colic of children. The oil, or its tincture, is beneficial in hysteria, hooping-cough, spasms, etc. The oil is likewise used as a rubefacient in

White Horehound

Valerian

Moonwort

rheumatism, and united with linseed-oil, as an application for burns.

Dose.—Of the oil, from two to ten drops.

Pennyroyal was much esteemed by the ancient people. DIOSCORIDES says that Pennyroyal warms the coldness of any part to which it is applied, digests raw or corrupt matter, and mingled with honey, voids phlegm out of the lungs, and purges melancholy by the stool. PLINY says it helps cold griefs, eases head-aches, pains of the breast and belly, cramps and convulsions, and that when boiled in milk and drank is effectual for coughs and ulcers and sores in the mouth; while MATTHIOLUS affirms that it helps the jaundice and dropsy, and all pains of the head and sinews that come of a cold cause.

PEONY. PÆONIA OFFICINALIS.

Description.—Peony has many thick, long-spreading, perennial roots, running deep into the ground, with an erect, herbaceous, large, green and branching stem, about two or three feet high. The flowers are large, red, terminal, solitary.

History.—This plant is indigenous to Southern Europe, and is cultivated in gardens in the United States and elsewhere on account of the elegance of its large flowers, which appear from May to August. The root is the officinal part. This, with the seeds and flowers, yields its virtues to diluted spirits.

Government and Virtues.—The Peony is under the dominion of *Venus*, combined with *Mars*. It is anti-spasmodic and tonic, and can be advantageously employed in chorea, epilepsy, spasms, and various nervous affections. An infusion of value is made by adding an ounce of the root in coarse powder to a pint of a boiling liquid composed of one part of *good* gin and two parts of water.

Dose.—Two or three fluid ounces, (sweetened) three or four times a day.

PERUVIAN BALSAM, OR BALSAM OF PERU.

MYROSPERMUM PERUIFERUM.

Description.—The tree from which this is procured is large, with a thick, straight, smooth trunk, and a coarse, grey, compact, heavy, granulated bark. The bark is of a pale straw color, filled with resin, which, according to its quantity, changes the color to citron, yellow, red, or dark chestnut; smell and taste grateful, balsamic, and aromatic.

History.—The tree is common to the forests of Peru, and flowers from July to October. The natives call it *Quinguino.* It contains a large amount of Balsamic juice which yields copiously when the bark is incised. Balsam of Peru, in thin layers, has a dark, reddish brown color; in bulk, it is black or of the color of molasses.

Government and Virtues.—It is under the dominion of *Saturn.* It is an expectorant and stimulant, acting especially on mucus tissues, lessening their secretions when profuse. It is a specific in Bronchial affections. It is very useful in all chronic affections of mucous tissues, as in catarrh, gonorrhœa, mucous inflammation of the stomach and bowels, chronic diarrhœa and dysentery, leucorrhœa, etc. Applied externally to obstinate ulcers, wounds, tetter, cancer, etc., it works wonders.

Dose.—For external use, it may be made in the form of an ointment by melting it with an equal weight of tallow. The dose is from ten to thirty drops, mixed with water and the yolk of an egg, or consolidated with gum arabic..

There can be no question as to the specific virtues of this and several foreign herbs for diseases such as leucorrhœa, or whites, and in cases where our ordinary preparations fail to make a cure. I will, upon receiving a written description of the trouble, make a special medicine which will no doubt have the desired effect. There are many peculiar cases in the class of diseases alluded to, which require *especial* treatment. Pa-

;ients who write will receive a prompt answer, telling them the noderate rate of compensation required, etc.

As an ointment, it is most excellent, made as follows:—

Beef's Marrow, one ounce.
Sulphate of Quinia, ten grains.
Balsam of Peru, one drachm.

PILEWORT. Lesser Celandine.

Description.—This plant is a native of Europe, and spreads around many pale, green leaves, set on weak and trailing branches, which lie upon the ground, and are flat, smooth, and somewhat shining. The flowers are small and yellow, the seeds being like grains of wheat, of a whitish color, with fibres at the end of them. They grow near water-sides and in moist corners of fields, sometimes in dryer grounds.

Government and Virtues.—It is under the dominion of *Mars.* In this plant, we see another verification of the researches and learning of the ancient Herbalists, viz: that the virtue of an herb may be known by its signature, as plainly appears in this. For if you dig up the root of it, you will perceive the perfect image of the disease commonly called the *piles.* Now it is well known that the decoction of leaves and roots is almost a certain cure for piles and hemorrhoids. It is also excellent for kernels by the ears and throat called "King's-Evil," or any other hardness or tumors. I use this as an ingredient in the Ethereal Ointment, and it is certain the plant is not misnamed as there can be no better remedy for piles, and fistula. See page 297.

PLEURISY ROOT. Asclepias Tuberosa.

Description.—Pleurisy-root is also known by the names of *Butterfly-weed, Tuber-root, Asclepias,* etc. It has a perennial, large, fleshy, white, persiform root, from which arise numerous stems, growing from one to three feet high, round, hairy, green or red, in bunches from the root. The leaves are hairy, dark green above, paler beneath, waved on the edges, the flowers numerous and erect, of a beautiful bright orange color.

History.—It is a native of the United States, more particularly the Southern States, inhabiting gravelly and sandy soil, and flowering in July and August. The root is the medicinal part. When fresh, it has a disagreeable, slightly acrimonious taste, but when dried, the taste is slightly bitter. Boiling water extracts its virtues.

Government and Virtues.—It is a plant of *Jupiter*, and much used in decoction or infusion for the purpose of promoting perspiration and expectoration in diseases of the respiratory organs, especially pleurisy, inflammation of the lungs, catarrhal affections, etc. It is likewise carminative, tonic, diuretic and antispasmodic, but does not stimulate. Acute rheumatism, fever, dysentery, etc., are benefitted by a free use of the warm infusion. It is also highly efficacious in some cases of dyspepsia. In uterine difficulties it has also been found of great value.

Dose.—Of the powder, twenty to sixty grains, three or four times a day. Of a *strong* tincture, one or two wine-glasses full four or five times a day, until perspiration is produced.

ST. PETER'S WORT.

Description.—This root sends forth new shoots every year, the stalks are more or less tall, at the top of which stand many star-like flowers, very like those of St. John's Wort. It grows in groves and low woods, flowers in June and July, and the seeds ripening in August. It has the same properties of St. John's Wort, but somewhat weaker.

POKE. Phytolacca Decandra.

Description.—It is an indigenous, perennial plant, known as *Pigeon berry, Garget, Scoke, Coakum*, etc. It has a fleshy root, frequently exceeding a man's leg in diameter, easily cut or broken, and covered with a very thin brownish bark or cuticle. The stems are annual, about one inch in diameter, round, smooth, branching, green when young, and purple when matured, growing from five to nine feet in height. The leaves are scattered, ovate-oblong, smooth on both sides, ribbed underneath, five inches long and two or three in width. The berries are in

clusters, dark purple, almost black, round, depressed or flattened, marked with ten furrows on the sides.

Government and Virtues.—It is a plant of *Saturn.* It grows along hedges, in neglected fields and meadows, along road-sides, moist grounds, etc., flowering from July to September. The officinal parts of this plant are the roots, leaves, and berries. The root, which is more commonly employed, should be gathered in the latter weeks of autumn, cleansed from dirt and impurities, sliced transversely, and carefully dried. It is inodorous, mild, rather sweetish taste, succeeded by considerable acidity. It contains gum, resin, starch, sugar, tannic acid, etc. The leaves should be gathered just previous to the ripening of the berries; the berries when fully matured. The berries contain an abundance of a beautiful dark-purple juice, which is the most delicate test of acids yet known. The early sprouts are often used for greens, but become cathartic as they advance to maturity.

POMEGRANATE. Punica Granatum.

Description.—This is a small tree or shrub with large red flowers. The fruit is the size of a small musk melon.

History.—The Pomegranate is Asiatic, but has been naturalized in the West Indies. The flowers, and the rind of the bark are extensively employed for medicinal purposes.

Government and Virtues.—The tree, or shrub is under the dominion of *Saturn.* The flowers and rind of the fruit are astringent, and are used for the arrest of mucus discharges, hemorrhages, night-sweats, and diarrhœa accompanying consumption. They are also very good for intermittent fever and tape-worm. The bark of the root is used as a specific for tape-worm, and its chief virtues being healing, and balsamic, applied to ulcerations of the lungs.

Dose.—The dose of the rind or flowers in powder is from one to two scruples, and in decoction from one to three fluid ounces.

PRIVET. Ligustrum Vulgare.

Description.—In England the Privet is carried up with

many slender branches to a reasonable height and breadth, to cover arbors, bowers, and banquetting houses, and brought or wrought into many fantastic forms, as birds, men, horses, etc. It bears long and narrow green leaves by the couples, and sweet smelling white flowers in tufts, at the end of the branches, which turn into small, black berries, that have a purplish juice, and some seeds that are flat on the one side, with a hole or dent therein. The American Privet has the same or a similar appearance.

History.—It is supposed to have been introduced into America from England, but it is indigenous to Missouri, and found growing in wild woods and thickets, from New England to Virginia and Ohio. It is also cultivated in American gardens. The leaves are used for medicinal purposes. They have but little odor, and an agreeable bitterish and astringent taste. They yield their virtues to water or alcohol.

Government and Virtues.—It is a plant of the *Moon*. The leaves are astringent. A decoction of them is valuable in chronic bowel complaints, ulcerations of stomach and bowels, or as a gargle for ulcers of mouth and throat. It is also good as an injection for ulcerated ears with offensive discharges, leucorrhœa, etc. This ingredient I use in a wash for leucorrhœa, which never fails to cure. This wash can be had from me at a reasonable price, as I have so great a demand for it that I have to make it in large quantities, and keep it constantly on hand.

Dose.—Of the powdered leaves thirty to sixty grains, three times a day; of the decoction two to four teacupsful. The berries are reputed cathartic, and the bark is said to be as effectual as the leaves, as it contains sugar, mannite, starch, bitter resin, bitter extractive, albumen, salts, and a peculiar substance called *Ligustrin.*

QUASSIA. Picræna Excelsa. Quassia Amara.

Description.—This is a tree growing from fifty to a hundred feet high, known as *Lofty Quassia, Bitter Wood, Bitter Ash,*

etc. The *Quassia Amara*, or bitter quassia, is a shrub, or moderately sized branching tree, having a greyish bark.

History.—*Quassia Amara* inhabits Surinam, Guiana, Colombia, Panama, and the West India Islands. It flowers in November and December. The bark, wood and root, which are intensely bitter, are used to the greatest advantage in malignant fevers. For the medicinal parts of this tree, as they seldom reach England or America, we get, as a substitute the *Picræna Excelsa* of Jamaica and other neighboring islands which flowers in October and November, and in the two succeeding months matures its fruit.

Government and Virtues.—It is under the influence of *Saturn.* Quassia is tonic, febrifuge, and anthelmintic. Cups made of the wood have been used for many years by persons requiring a powerful tonic. Any liquid standing in one of these vessels a few moments will become thoroughly impregnated by its peculiar medicinal qualities. It is a capital vermifuge, and most excellent for dyspepsia, but by no means so good as the "Magic Assimilant," or Blue Vervain remedy, for a description of which see page 279. A strong decoction of quassia well sweetened with molasses or sugar is an effectual fly poison.

Dose.—Of the powder, thirty grains; of the infusion from one to three fluid ounces; of the tincture one or two fluid drachms, and of the extract from two to ten grains.

QUEEN OF THE MEADOW. Eupatorium Purpureum.

Description.—This plant is also known as *Joe-fire, Gravel Root, Trumpet Weed,* etc., and is herbaceous, with a perennial, horizontal, woody caudex with many long, dark brown fibres, which send up one or more solid green (sometimes purplish) stems, five or six feet in height, with a purple band at the point about an inch broad. The flowers are all tubular, purple, varying to whitish.

History.—Queen of the Meadow grows in low places, dry woods or meadows, in the Northern, Western and Middle States

of the American Union, and flowers in August and September. The root is the officinal part. It has a smell resembling old hay, and a slightly bitter, aromatic taste, which is faintly astringent but not unpleasant. It yields its properties to water by decoction or spirits.

Government and Virtues.—It is under the dominion of *Jupiter.* It is diuretic, stimulant, astringent, and tonic. It is used in all chronic urinary disorders, as well as in hematuria, gout and rheumatism, with moderate good effect.

Dose.—Of the decoction, from two to four fluid ounces three or four times a day.

QUEEN'S ROOT. Stillingia Sylvatica.

Description.—This plant has other names, such as *Queen's Delight, Silver Leaf,* and *Yaw Root.* It is perennial, with a stem which grows from three to four feet high, which, when broken, yields a peculiar milky sap. The flowers are yellow and ranged on a terminal spike.

History.—Queen's Root grows in sandy soils and is a native of the southern part of the United States. The root is the part used. It should be used as soon after being gathered as possible, as age impairs its properties. The latter yield to water; but are better extracted by diluted alcohol. Its properties appear to be owing to a very acid oil, known as the *Oil of Stillingia.*

Government and Virtues.—It is a plant of *Mars.* In large doses the oil vomits and purges, and is unpleasant to the stomach, while it produces extreme prostration of the general system. In small doses it is of very great—I may say unsurpassable—value as an alterative. It is very extensively used in all the various forms of primary and secondary syphilitic affections,—also in scrofulous, hepatic, and cutaneous affections, —also, with combinations of anise or caraway, for laryngitis and bronchitis. The oil, unless well incorporated with some mucilaginous or saccharine substance, should never be used internally. But it has great value as an external stimulating application.

QUINCE. Cydonia Vulgaris.

Description.—This is a tree from fifteen to twenty feet high, when in good condition, with solitary white flowers, with purple tinge and large and terminal. The fruit is, in appearance, like a rough, gnarly apple.

History.—The Quince tree is a native of Candia, but is cultivated in Europe and America, extensively. The fruit is very much used for jellies and preserves. The parts used in medicine are the seeds, which are highly mucilaginous

Government and Virtues.—It is governed by *Saturn.* The decoction of the seeds forms a demulcent mucilage, very useful in gonorrhœa, dysentery, aphthous affections, and excoriations of the mouth and fauces, also as a collyrium in conjunctival opthalmia. A syrup prepared from the fruit can be administered to advantage in febrile diseases..

Officinal Preparation.—Decoctum Cydonii.

RADISH. (HORSE) Cochleria Armoracia.

Description.—Horse-radish root is perennial, thick, tapering, white, long, acid, and very tenacious of life, from which arise many large leaves, and from the centre a round or angular, erect, smooth, branching stem, two feet in height. The radical leaves are near a foot long and half as wide, oblong, crenate-toothed, of a dark green color, the flowers small and numerous.

History.—This well-known succulent plant is a native of Europe, and extensively cultivated in the United States and other countries, for the use of its roots as a condiment It flowers in the United States in June. The root is the officinal or medicinal part.

Government and Virtues.—It is a plant of *Mars.* Stimulant, diuretic, anti-scorbutic, and rubefacient. It stimulates an enfeebled stomach, promotes all the secretions, particularly the urinary. The infusion is emetic.

The grated root with sugar, to form a syrup with water, is excellent for hoarseness, a spoonful or two being swallowed as occasion requires. The fresh root grated in vinegar, and eaten

with meat at dinner, strengthens the stomach and promotes digestion.

Dose.—Of the root grated, one to two drachms. It is also used externally as a rubefacient and counter-irritant.

RAGGED CUP. SILPHIUM PERFOLIATUM.

Description.—This plant is known somewhat extensively as the *Indian Cup Plant*; but the name we have given it here is the proper one. It has a perennial, horizontal, pitted *rhizome* (or fleshy root,) and a large, smooth, herbaceous stem, from four to seven feet high and often branched above. The flowers are terminal, with from fifteen to twenty-five oblong, lanceolate yellow rays, and a large dark colored disk.

History.—This plant is common to the Western states, and is found growing in rich bottoms, bearing numerous yellow flowers which are perfected in August. It has a large, long and crooked root, which is the part used medicinally, and which readily imparts its properties to alcohol or water. It will yield a bitterish gum, somewhat similar to Frankincense, which is frequently used to sweeten the breath.

Government and Virtues.—It is under the influence of *Jupiter*, and is tonic, diaphoretic, and alterative. A strong infusion of the root, made by long steeping, or an extract, is said to be one of the best remedies for the removal of Ague-cake, or enlarged spleen. It is also useful in intermittent and remittent fevers, internal bruises, debility, ulcers, liver affections, and as a general alterative restorative. The gum is said to be stimulant and anti-spasmodic. The Spleen is an organ whose functions the very best of the old school physicians cannot define; but that it is the seat of very many most distressing diseases is a fact which not one of them will pretend to deny. It is, as nearly as can be ascertained by the most laborious research, a dependent of the liver and stomach, and what deranges it deranges both the stomach and the liver. I have given it my earnest attention, and will be happy to correspond, with a view to cure any of the above diseases, with any of my readers at a reasonable charge.

RATTLEBUSH. Baptisia Tinctoria.

Description.—This plant is known as *Wild Indigo, Horse-fly Weed,* etc. It is a perennial with a blackish and woody root, yellowish internally, and sending off many rootlets. The stem is much branched, round, smooth, and two or three feet high. Leaves small, flowers yellow, seeds small and subreniform.

History—This small shrub grows in dry places in many parts of the United States, and bears bright yellow flowers in July and August. The fruit is of a bluish-black color in the form of an oblong pod, and contains indigo, tannin, an acid, and *baptisin.* Any portion of the plant, when dried, yields a blue dye which is, however, not equal in value to indigo. If the shoots are used after they acquire a green color they will cause drastic purgation. Alcohol or water will take up the active properties of this plant. Medicinally, both the root and the leaves are valuable and deserve to be better known than they are at present as remedial agents. The virtues of the root reside chiefly in the bark.

Government and Virtues.—It is a plant of *Saturn.* It is purgative, emetic, astringent, and antiseptic. For its antiseptic qualities or properties, it is more highly esteemed than for any other. A decoction of the bark of the root is efficaceous in the cure of all kinds of external sores and ulcerations. It is used in decoction or syrup, for scarlatina, typhus, and all cases where there is a tendency to putrescency. A preparation of this agent, (with other ingredients) if made by an experienced herbalist and physician, will surely destroy all gangrenous and putrescent diseases.

Dose.—Of the decoction one tablespoonful every two or four hours, as required. The decoction is made by boiling one ounce of the powdered bark in two pints of water until they are reduced to one pint.

RED RASPBERRY. Rubus Strigosus.

Description.—*Rubus Strigosus* is a shrubby, strongly insipid plant about five feet in height, the fruit is a red berry, hemispherical, and of a rich delicious flavor.

History.—The Red Raspberry grows wild, and is common to Canada and the Northern and Middle United States. It grows in hedges and thickets, and upon neglected fields. It flowers in May, and its fruit ripens from June to August. The leaves are the parts used medicinally. They impart their properties to water, giving to the infusion an odor and flavor somewhat similar to black tea.

Government and Virtues.—The Red Raspberry is governed by *Jupiter.* It is very useful as an astringent. An infusion or decoction of the leaves has been found an excellent remedy in diarrhœa, dysentery and cholera infantum, and all diseases of a kindred nature. It is somewhat freely used as a wash and injection for leucorrhœa, gleet, gonorrhœa, and prolapsis uteri and ani. The decoction of the leaves combined with cream, will suppress nausea and vomiting. It is sometimes used as an aid in labor, and has been efficacious in promoting uterine contractions when *ergot* has failed. This plant is one of the ingredients of my prepared remedy for the above diseases.

Dose.—Of the decoction, from one to four fluid ounces several times a day. Of the pulverized root bark, which is sometimes used, from twenty to thirty grains.

RED ROOT. Ceanothus Americanus.

Description.—This plant is sometimes called *New Jersey Red Root*, and is likewise known as the *Wild Snowball.* It has a large root, with a red or brown skin, containing many small white veins, and tolerably thick ; body of the root dark red.

History.—This plant is very abundant in the United States, especially in the western portion thereof. It grows in dry woodlands, bowers, etc., and flowers from June to August. The leaves are sometimes used as a substitute for Chinese tea, which, when dried, they much resemble. The root, which is officinal, contains a large amount of Prussic Acid.

Government and Virtues—It is governed by *Venus.* Red Root, properly prepared, is an astringent, expectorant, sedative, anti-spasmodic, and anti-syphilitic. It is used with great good

effect in dysentery, asthma, chronic bronchitis, whooping-cough, and consumption. See page 291.

Dose.—Ordinary, after extracting its active principle with water.

RHATANY. Krameria Triandria.

Description.—Rhatany has a very long and branched root, with a thick bark, reddish brown externally, and red internally. The stem is round, much branched and taper. The branches are two and three feet long, white and silky when young, dark and naked when old. The flowers are red, solitary and axillary. The fruit is a dry, hairy drupe, furred with dull, red hooks. Seeds one or two.

History.—Rhatany flowers all the year round, and grows upon the sandy, dry and gravelly hills of Peru. The root is the officinal part, and is dug up in large quantities after the rains. It was made officinal in 1780 by Ruiz, but long before that the natives had used it as a strong astringent for various diseases, afflictions, maladies and complaints. In Portugal, to which the Peruvians send the bulk of the roots gathered, it is used to adulterate red wines. The best method of extracting the medicinal qualities of the root, is to put it powdered in a displacer and pass water through. This will bring a brick-red aqueous solution, which will embrace all the medical virtues. There is a false Rhatany, the source of which is unknown.

Government and Virtues.—This is a plant of *Mercury.* It is a powerful astringent, and slightly tonic. It is beneficial wherever powerful astringents are required, and may be used to advantage, if properly prepared, for all diseases which call for the application of a decided astringent.

RHEUMATISM ROOT. Jeffersonia Diphylla.

Description.—This plant, sometimes called *Twin leaf* and *Ground-Squirrel Pea,* is indigenous to the United States, is perennial, and has a horizontal *rhizoma* or fleshy root, with matted fibrous radicles. The stem is simple, naked, one flowered, and from eight to fourteen inches in height. The leaves

are not peculiar. The flowers are large, regular and white. Seeds many.

History.—This plant is found from New York to Maryland and Virginia, and in many parts of the Western States. It grows chiefly in limestone soil, but also is found in woods and near rivers, irrespective of limestone, and flowers in April and May. The root is the part used, and its virtues are extracted by water or alcohol.

Government and Virtues.—It is a plant of the *Sun* In decoction and adulterated tincture it is applied with the best effect in cases of secondary syphilis, syphilic pains, spasms, cramps, all nervous diseases; but more especially, in Dropsy, for which, with other growths of an assimilating character, it is accounted to be a specific. Of itself, it is merely a palliative of this disease in its various stages, but made up with its proper accompaniments, and given according to the exact state of the disease, and its particular location, it cannot—never does, in fact—fail of a perfect cure in a short time. I very frequently get letters from persons suffering with dropsy. If I have a faithful description of it, I can supply a particular preparation, of which this plant will be one of the ingredients, which will restore the patient to health very speedily. The expense will be moderate. The root, as prepared, is strongly diuretic, alterative, anti-spasmodic, and a stimulating diaphoretic.

Dose.—Of the decoction, from two to four fluid ounces three or four times a day. Of the saturated tincture from one to three fluid drachms three times a day.

RHUBARB. Rheum Palmatum.

Description.—The scientific world happens to be in much argument as to the exact plant or plants from which Rhubarb is produced. It is, however, well known to all instructed herbalists that Rhubarb is the root of a Rheum, and that the plant from which the drug of the shops is obtained chiefly inhabits Chinese Tartary, and grows wild on the mountains and highlands of that section of the globe.

History.—There are more than a dozen species of the plant, descriptions of which are unnecessary. Thus we have Russian, English, French and Chinese Rhubarb, all of which are nearly equal, if carefully prepared, in beneficial medicinal efficacy. The root, as I have stated before, is the part used.

Government and Virtues.—It is unquestionably a plant of the *Moon,* all solar rays and influences having to be excluded from it during the drying and perfecting process. It is cathartic, astringent and tonic. It has been highly recommended for constipation attended by dyspepsia, but I think its virtues in itself much overated. Like all herbal remedies, it has its use, if properly combined with other ingredients. Alone, or as a specific, every field, wood, plain and mountain, contains something equally effective and valuable.

Dose.—Of the powder, as a purgative, from ten to thirty grains. As a laxative, from five to ten grains. As a tonic, from one to five grains. Of the tincture or syrup one to two fluid drachms.

RICE. Oryza Sativa.

Description.—Rice is an annual plant, with several pointed stems, from two to ten feet in height. The leaves are long, slender and clasping. The seed is weighty and peculiar.

History.—Rice is supposed to have been originally a native of the East Indies, but is now cultivated in nearly all parts of the world where the soil and climate are favorable.

Government and Virtues.—It is a plant of *Venus* in the sign of *Sagittarius.* It is nutritious, and when boiled soft in water will be found advantageous as a diet for persons afflicted by weak stomachs or diarrhœa.

ROBIN'S RYE. Polytrichum Juniperum.

Description.—This plant is sometimes called *Hair Cap Moss, Ground Moss, Bear's Bed,* etc. It is perennial, with a simple or divided stem; more generally simple, slender, of a reddish color, and from four to seven inches in height.

History.—It is an evergreen plant found on high places,

along the margins of dry woods and exposed places, mostly on poor, sandy soil. The whole plant is officinal. It yields its properties to boiling water by infusion.

Government and Virtues.—This plant is under the influence of *Saturn.* It is one of the most reliable and important remedial agents with which nature has blessed us, but is not generally known to, or used by, practitioners. I became acquainted with its virtues by mere accident while staying at a farm-house near where it grew in profusion, and while I was searching for other plants. By actual experience, I have known it to produce, in conjunction with Net-Leaf Plantain and other vegetable growths, of a similar character, the evacuation from a dropsical patient of over twenty to forty pounds of water in the space of twenty-four hours. It possesses but very little smell or taste, and never produces any nausea or disagreeable sensation in the stomach. In Dropsies, in the form in which I prepare it with other ingredients, it is a sure and certain cure, never having failed. For each case, according to its extent and duration, location, etc., I make an especial preparation, which I will send to any part of this country by Express. In order to do this effectually, it is necessary that the patient should send me *full particulars* in writing, stating sex, age, etc.

Officinal Preparation.—Infusum Polytrichii.

ROSEMARY. Rosmarinus Officinalis.

Description.—Rosemary is an erect, perennial, evergreen shrub, densely leafly, from two to four feet high, and with numerous ash colored branches. The flowers are few, bright blue or white.

History.—Rosemary is a native of the countries surrounding the Mediterranean, and is cultivated in nearly every garden for its fragrance and beauty. It flowers in April and May. The parts used in medicine are the flowering tops.

Government and Virtues.—It is under the dominion of *Venus,* and is stimulant, anti-spasmodic and emmenagogue. The oil is principally employed.

Dose—Of the oil, internally, from three to six drops.

SAFFRON (DYER'S.) Carthamus Tinctorius.

Description.—Carthamus Tinctorius, sometimes known as *Bastard Saffron, Safflower*, etc., is an annual plant with a smooth stem, growing from one to two feet high, branching at the top. The leaves are smooth and shining. The flowers are long, slender, orange-colored and numerous.

History.—This plant is cultivated in England and America, although it is a native of Egypt and the countries surrounding the Mediterranean. The orange-red florets are the officinal parts. The cultivated Safflower is usually sold in the shops, and contains two coloring matters; the first of which is yellow and soluble in water, the second a beautiful red and readily soluble in alkaline solutions only.

Government and Virtues.—The plant is under the dominion of *Saturn* in the sign of *Scorpio.* It will restore the menstrual discharge when the latter has been recently suppressed by cold, if used in warm infusion. It will also, when taken in the same form, produce an action of the bowels. In measles, scarlet-fever, and other eruptive maladies, it is also considered an excellent diaphoretic. The seeds are sometimes used as purgative and emmenagogue, but, in my opinion, are of no great value. The infusion is made by boiling a drachm or two of the flowers in water.

Dose—Tolerably free, and to be regulated by circumstances and the advice of a physician.

SAGE. Salvia Officinalis.

Description.—Garden-Sage is a plant with a pubescent, four-sided stem, with erect branches, hoary with down, leafy at the base, those bearing flowers a foot or a foot and a half long, tomentose. The flowers are blue.

History—Sage is a native of Southern Europe, and has been naturalized for very many years in this country as a garden plant. The leaves and tops should be carefully gathered and dried during its flowering season, which is in June and July. They have a peculiar, strong, aromatic, camphorous odor, and a sharp, warm, slightly bitter taste, which properties are owing

to its volatile oil, which may be obtained by distilling the plant with water. It imparts its virtues to boiling water in infusion, but more especially to alcohol.

Government and Virtues.—It is a plant of *Mars*. It is feebly tonic, and astringent, expectorant, diaphoretic, and having properties common to aromatics. The infusion is much valued in cases of gastric debility, checking flatulency with speed and certainty.

The warm infusion will cause active diuresis by checking its diaphoretic tendency. It is called by some a most capital remedy for Spermatorrhœa, and for excessive venereal desire, and I am one of those who know from experience in my practice that it is grand for what is termed sexual debility, when combined with other native and rare foreign plants and herbs. Persons afflicted by any of the plagues attendant upon excessive venery, solitary habits, etc., may address me confidentially for advice as to this specific discovery.

SAGO. Sagus Rumphii.

Description.—The Sago Palm has an erect stem, of middling height, with large leaves, and prickly petioles. The flowers are polygamo-monœcious on the same spadix. Fruit, a globose berry, coated by reverse scales, depressed on both sides and one-seeded.

History.—The tree is common to Malacca and the adjacent islands. It grows spontaneously in low, swampy lands, and the Sago is obtained from its pith, of which it contains a large quantity when the tree is well developed.

Several species of Palm are known to yield fine Sago, among which are the Sagus Lavis or Sagus Inermis, and Sagueris Rumphii. There is Sago meal or flour, common or brown Sago, and Pearl Sago, all of which, pure and adulterated, are common articles of commerce.

Government and Virtues.—It is a plant of the *Sun*. It is nutritive and demulcent, and is chiefly valuable as an article of diet to be used in the sick room.

SALT-RHEUM WEED. Chelone Glabra.

Description.—This plant is known also by the titles of *Turtle-head, Turtle bloom*, etc, and is a perennial; it is smooth and herbaceous, with a simple, erect, somewhat four-sided stem, which reaches the height of from two to four feet. The leaves are smooth, and of a dark shining green above. The flowers are large, of a rose color, white, or purple; are very ornamental, and somewhat resembling the head of a snake or tortoise. The fruit is an oval, two-celled and two-valved capsule, with many small wing-margined seeds.

History.—This plant is highly valued by botanical physicians. It is found in the damp soils of the United States, and flowers in August and September. The leaves are the parts used in medicine, and impart their properties to both alcohol and water.

Government and Virtues—It is under the dominion of *Saturn*. The preparation of the leaves is tonic, cathartic and anthelmintic. It is freely and usefully applied in all cases of liver complaint. It is also administered for worms, and, in very small doses as a tonic in dyspepsia, and kindred diseases. In the form of an ointment it will ease painful and inflamed tumors, irritable ulcers, piles, inflamed breasts, etc.

Dose.—Of the powder one drachm; of the tincture one fluid drachm, of the decoction one fluid ounce.

SARACEN'S WORT.

Description.—From the roots, which do not perish in winter, spring stalks to the height of a man, having peach-tree shaped leaves; it produces many yellow, star-like shaped flowers, and afterwards, small, long brownish seeds, wrapped in down, which causes them to be carried away by the wind. It grows in moist and wet places, by shadowy groves, etc., and flowers in July.

Government and Virtues.—*Saturn* governs this herb. It is held in high esteem among the Germans, for all diseases of the liver and spleen, dropsy, etc. It has the same properties as Bugle or Lanicle.

SCULL-CAP. Scutellaria Lateriflora.

Description.—Scull-cap has a small, fibrous, yellow, perennial root, with an erect and very branching stem, from one to three feet in height; the leaves are an inch long, thin, or nearly membranous, the flowers small and of a pale blue color.

History.—It is an indigenous herb, growing in damp places, meadows, ditches, and by the side of ponds, flowering in July and August. It is known by the names of *Blue Scull-cap, Side Flowering Scull-cap, Crazy Weed,* and *Hood-wort.* The whole plant is medicinal, and should be gathered while in flower, dried in the shade, and kept in well-closed tin vessels.

Government and Virtues.—Scull-cap is a plant of *Mercury.* It is a valuable nervine, tonic, and anti-spasmodic, used in chorea, convulsions, fits, delirium tremens, and all nervous affections, supporting the nerves, quieting and strengthening the system. In delirium tremens, an infusion drank freely will soon produce a calm sleep.

Dose.—Of the fluid extract, from half to a teaspoonful; of the tincture (four ounces Scull-cap to a pint of diluted alcohol,) one to two teaspoonsful, of the infusion, a wine-glassful three times a day.

SKUNK CABBAGE. Symplocarpus Fœtidus.

Description.—This plant has been a troublesome one for Botanists to classify; but the term *Symplocarpus* is now generally preferred. It is perennial, having a large, abrupt root, or tuber, with numerous crowded, fleshy fibres, which extend some distance into the ground. The *spathe* appears before the leaves, is ovate, spotted, and striped, purple and yellowish-green, the edges folded inward, and at length coalescing. The flowers are numerous, of a dull purple, within the spathe, on a short, oval spadix. The seed is round, fleshy, and as large as a pea.

History.—Skunk Cabbage, known by the several names of *Symplocarpus, Skunk weed, Polecat-weed,* and *Meadow Cabbage,* is a native of the United States, growing in moist grounds,

flowering in March and April, and maturing its fruit in August and September, forming a roughened, globular mass, two or three inches in diameter, and shedding its bullet-like fruit, one-third to half an inch in diameter, which are filled with a singular, solid, fleshy embryo. The parts used are the seeds and roots, which have an extremely disagreeable odor. Water or alcohol extracts their virtues.

Government and Virtues.—It is a plant of *Mars.* It is a stimulant, exerting expectorant, anti-spasmodic, with slightly narcotic influences. It is successfully used in asthma, hooping-cough, nervous irritability, hysteria, fits, epilepsy, convulsions, chronic catarrh, pulmonary and bronchial affections.

Dose.—Fluid extract, twenty to eighty drops. Tincture (three ounces of root or seed to a pint of alcohol) half a teaspoonful. Syrup, (two ounces of fluid extract to eight ounces of simple syrup) two or three teaspoonsful.

ST. IGNATIUS BEAN. Ignatius Amara.

Description.—The Ignatius Amara is a branching tree with long, taper, smooth, scrambling branches. The leaves are veiny, smooth, and a span long. The flowers are long, nodding, and white, and smell like jasmine. The fruit is small and pear-shaped, and the seeds number about twenty, are angular and are imbedded in a soft pulp.

History.—The tree is indigenous to the Phillipine Islands, and the seeds thereof are the St. Ignatius Bean of the drug shops. The bean yields its properties best to alcohol; but will also yield them to water. It contains about one third more strychnia than nux-vomica; but is seldom used for the production of strychnia on account of its extreme scarcity.

Government and Virtues.—It is under the influence of *Mercury.* It is used in nervous debility, amenorrhea, chlorosis, epilepsy, worms, etc., with partial good effect; but is a dangerous article however well prepared, and should be used only by the advice of a professional gentleman upon whose truth and ability you may place the utmost confidence, As commonly administered it is dangerous; but if properly regulated in doses

by experienced herbalists it could be made productive of much benefit in nervous debility.

Dose.–Of the powdered seed, one grain; of the alcoholic extract one-eighth of a grain.

SLIPPERY-ELM. Ulmus Fulva.

Description.—Slippery-Elm, also called *Red-Elm*, is a tree from twenty to sixty feet in height and one or two feet in diameter. The bark is brownish, that of the branches whitish and scabrous. The leaves are from four to six inches long, and two or three inches broad. The buds are rusty-wooly. The flowers and fruit are not remarkable.

History.—This tree is common to America, especially the Western States. It grows in woods and low grounds, along fences, and in rich and moist soils, flowering in April. The officinal part is the inner bark, which is usually taken from the tree in long strips.

Government and Virtues.—It is under the dominion of *Venus*, in the signs of *Cancer*, *Virgo*, and *Scorpio*. It is nutritive and expectorant, also diuretic, demulcent and emollient, and is a very valuable remedial agent. In mucus inflammation of the lungs, bladder, kidneys, bowels, or stomach, it is freely used in the form of a mucilaginous drink. It is also useful in diarrhœa, dysentery, coughs, pleurisy, strangury, and sore throat, in all of which it tends powerfully to allay the inflammation. Some physicians prescribe the infusion to be drank by ladies about to be confined, as a capital parturient. An elm poultice, applied to fresh wounds, burns, scalds and bruises will be found highly beneficial ; but it is not valuable for ulcers. Like all other remedial articles provided by nature, it requires to be combined skilfully with other articles to prove a positive curative.

SMART-WEED. Polygotum Punctatum.

Description.—This plant is frequently called *Water Pepper*. It is an annual, with a smooth stem ; branches slender, jointed, and of a reddiole or greenish-brown color. It grows from one to two feet in height. The leaves are two or three inches

long, and not more than one-fifth as wide. The flowers are small, greenish-white or purple.

History.—It is a well-known plant, growing in England and America, in ditches, low grounds, among rubbish, and about brooks and water-courses. It flowers in August and September. The whole plant is officinal. It has a biting, pungent, acrid taste, and imparts its virtues to alcohol or water. It should be collected and made into a tincture while fresh. When it is old it is also worthless. The English variety, of which we give an illustration, possesses the same properties.

Government and Virtues.—*Mars* governs this hot plant. It is stimulant, diuretic, emmenagogue, antiseptic, diaphoretic, etc. The infusion in cold water has been found serviceable in gravel, colds and coughs and in milk sickness. In cholera, the patients wrapped in a sheet moistened with a hot decoction have recovered.

It is used as a wash in chronic erysipelous inflammations. The fresh leaves bruised with the leaves of May-weed, and moistened with the oil of turpentine, and applied to the skin, will speedily vesicate. The infusion in cold water forms an excellent local application in the sore mouth of nursing women, and in medical ptyalism, or salivation. The decoction or infusion in hot water, is not so active as when prepared in cold or warm water.

Dose.—Of the infusion, from a wine-glassful to a teacupful three or four times a day. [See "*Magic Assimilant,*" page 279.]

SORREL (WOOD.) Rumex Acetosa.

Description.—Wood-Sorrel is so common both in England and America that it requires no description. (*See Illustration.*) There are other species of sorrel which possess the same virtues.

History.—The Sorrels grow wild in the woods, fields, and the gardens, and flower in July and August. The leaves are the parts employed.

Government and Virtues.—It is under the dominion of *Venus.* Fresh sorrel leaves are refrigerant and diuretic, also alterative. An infusion of the leaves is a most excellent purifier of the blood, and, in combination with other herbal medicines skilfully prepared, is a most excellent anti-scorbutic. The leaves are sometimes boiled and eaten as salad or spinache, but as they contain a large percentage of oxalic acid, it is best that they should not be adapted to edible purposes; nor, indeed, should they, or any other medicinal herb, be used freely, without proper advice from experienced herbalists, and physicians.

STAR GRASS. Aletris Farinosa.

Description.—This plant, known by the several names of *Unicorn-Root, Star-Grass, Colic-Root, Ague Root Crow Corn,* etc., has a perennial root, with radical, ribbed, smooth, large leaves, three or four inches long, and one-fourth as wide, lying flat upon the ground. The scape, or flower-stem is erect, from one to three feet high.

History.—It is indigenous to North America, growing in low grounds, sandy soils, and at the edges of woods. Its flowers are white, and appear from May to August. The root is the part used.

Government and Virtues.—It is under the government of *Venus.* Its root, when thoroughly dried, is an intensely bitter tonic, and in decoction or tincture, is of great utility in dyspepsia, general or local debility, flatulent colic, hysteria, etc. It greatly strengthens the female generative organs, affording protection against miscarriage; and in chlorosis, amenorrhœa, dysmenorrhœa, engorged conditions of the uterus, prolapses of that organ, is a very superior vegetable agent.

Dose.—Of the powdered root, from five to ten grains three times a day. Of the saturated tincture, five to fifteen drops.

ST. JOHN'S WORT.

Description.—This is a beautiful shrub, and is a great ornament to our meadows. It has a hard and woody root, which abides in the ground many years, shooting anew every year.

Centaury

Burdock

Celandine

The stalks run up about two feet high, spreading many branches, having deep green leaves, which are full of small holes, which are plainly seen when the leaf is held up to the light. At the tops of the stalks and branches stand yellow flowers of five leaves apiece, with many yellow threads in the middle, which, being bruised, yield a reddish juice, like blood, after which come small, round heads, wherein is contained small blackish seed, smelling like resin. It grows in woods and copses, flowering in July, and the seeds ripening in August.

Government and Virtues.—It is a plant of the *Sun*. A decoction of the herb and flowers, especially of the seed, is good for hemorrhage or spitting of blood, tertian or quartan agues, falling-sickness, palsy, sciatica, etc. An ointment of it is good for swellings, hurts, bruises and wounds.

SUMACH. Rhus Glabrum.

Description.—Great care is necessary in the selection of the several species of Rhus, as many of them are highly poisonous. Rhus Glabrum, or Smooth Sumach, is a shrub from six to fifteen feet high, consisting of many straggling, glabrous branches, covered with a pale grey bark, having occasionally a reddish tint.

History.—Sumach grows in the thickets and waste grounds of Canada and the United States. It flowers in June and July, but matures its fruit in September and October. The bark and berries are officinal. The berries should be gathered before rains have washed away the acid properties which reside in their external, downy efflorescence. Both the bark and berries yield their active influence to water.

Government and Virtues.—It is under the dominion of *Venus*. The berries are refrigerant and diuretic; the bark is tonic, astringent, and antiseptic. The bark of the root has sometimes been used, with success, in decoction or syrup, as a palliative of gonorrhœa, leucorrhœa, diarrhœa, hectic fever, dysentery, and scrofula. Combined with the barks of white pine, and slippery elm, in certain particular doses of decoction, it will, with other very simple treatment, cure syphilis.

Dose.—From one to three fluid ounces of the decoction of bark. Of the infusion of berries, from one to four fluid ounces.

SUMMER SAVORY. Satureja Hortensis.

Description.—This is an annual plant, with a branching and bushy stem, about eighteen inches in height, woody at the base, frequently changing to purple. The leaves are numerous, small, linear-oblong, entire, acute at the end. The flowers are pink-colored.

History.—It is a native of the south of France. It is extensively cultivated for culinary purposes in Europe and America, and flowers in July and August. The leaves are the part employed. They have an aromatic odor and taste analogous to those of thyme.

Government and Virtues.—It is under the dominion of *Mercury*. It is a stimulant, carminative, and emmenagogue. A warm infusion is beneficial in colds, menstrual suppression, and wind colic, for which it is a specific.

Dose.—From two to four ounces of the infusion several times a day.

SUN-FLOWER Helianthus Annuus.

Description.—This is an annual plant, with an erect, rough stem, usually about seven feet high, but under favorable circumstances attaining the height of fifteen and twenty feet. The leaves are large, cordate, and three-nerved. The flowers are large and nodding, with yellow rays, and dark purple disc. The seeds are numerous, and of a dark purple when ripe.

History.—This well-known plant is a native of South America, but is extensively cultivated in the United States on account of its beautiful, brilliant, yellow flowers, which appear in July and August. The ripe seeds are the parts used for medicinal purposes. They contain a fixed oil which may be obtained by expression. The leaves are large, and when carefully dried, may be made into segars, very much resembling in flavor, that of a mild Spanish one.

Government and Virtues.—It is a plant of the *Sun*. The

leaves and seeds are diuretic and expectorant, and are used in consumption with considerable benefit.

The following preparation has been used in pulmonary affections with decided benefit, also in bronchial and laryngial complaints, the cough of phthisis, etc. It acts as a mild expectorant and diuretic.

Take of Sun-flower seeds, bruised, two pounds; water, five gallons; boil the two together until about three gallons of liquid remains; then strain, add twelve pounds of sugar, and one and a half gallons of good Holland gin. The dose of this is from two teaspoonsful to three tablespoonsful, or a wine-glassful, three or four times a day, or whenever tickling or irritation of the throat or cough is excessive, or when expectoration is difficult.

Various agents may be added to this preparation, according to indications, as tincture of Stillingia, tincture of Balsam of Tolu, tincture of Iodine, etc.

SWAMP BEGGAR'S-TICK. Bidens Counata.

Description.—Swamp Beggar's-Tick has a smooth stem, four furrowed, with opposite branches, and grows from one to four feet high. The flowers are solitary, consisting only of the tubular yellow florets.

History.—This is a common weed, found in wet grounds, rich fields, swamps and ditches, from New England to Missouri. It flowers in August. The root and seeds are employed medicinally, and may be used in decoction, infusion or tincture.

Government and Virtues.—It is under the dominion of *Venus.* The root and seeds are emmenagogue and expectorant; the seeds, in powder or tincture, have been used in amenorrhœa, dysmenorrhœa, and some other uterine derangements, and an infusion of the root has proved beneficial in severe cough. It has been used with great success for palpitation of the heart, and for croup. For this latter affliction, a strong infusion of the leaves, sweetened with honey, and administered in tablespoonful doses every fifteen minutes until vomiting is produced, is regarded a cure. The leaves heated to the form of a poultice and laid upon the throat and chest in cases of bronchial and

laryngeal attacks from exposure to cold, etc., are very beneficial.

SWEET GUM. LIQUIDAMBAR STYRACIFLUA.

Description.—The Sweet Gum tree grows to the height of from fifty to sixty feet. Its bark is gray and deeply furrowed, and there are corky ridges on the branches; the leaves are fragrant when bruised, and turn a deep red in the fall.

History.—This tree is very abundant in the Southern and Middle states, and can be found in the moist woods of nearly all parts of the Union. From incisions made in the trees a gum exudes which is resinous and adhesive, and somewhat like white turpentine in appearance.

Government and Virtues.—This tree is also under the dominion of *Saturn.* As a remedy for catarrhs, coughs, and pulmonary affections generally, it is without an equal, although physicians generally do not use it in their practice. It is also very valuable for fever sores, fistula, scrofula, etc., when made into an ointment.

Dose.—The dose internally, is from ten to twenty grains, according to circumstances.

TACAMAHAC. POPULUS BALSAMIFERA.

Description.—This tree also called *Tacamahac Poplar* attains the height of from fifty to seventy feet, with a trunk about eighteen inches in diameter. The branches are smooth, round, and deep brown. The leaves are ovate, gradually tapering and pointed.

History.—This tree is found in Siberia, and in the northern parts of the United States and Canada. In America it is in blossom in April. The leaf-buds are the officinal part. They should be collected in the Spring, in order that the fragrant, resinous matter with which they are covered, may be properly separated in boiling water, for upon this their virtues depend. They have an agreeable, incense-like odor, and an unpleasant, bitterish taste. The balsamic juice is collected in Canada in shells, and sent to Europe under the name of *Tacamahaca.* Alcohol, or spirits, is the proper solvent. The *Populus Balsam.*

ifera is generally confounded with the *Populus Candicous* from whose buds we get the virtues known as the *Balm of Gilead*; but it is much the superior tree for medicinal purposes.

Government and Virtues.—This tree is under the dominion of *Venus*, in the signs, however, of *Cancer and Libra.* The buds are stimulant, tonic, diuretic, and anti-scorbutic. In tincture, they have been beneficially employed in affections of the stomach and kidneys, and in scurvy and rheumatism. Sometimes they are applied in that form, as a remedy for affections of the chest. The bark is known to be tonic and cathartic, and will prove of service in gout and rheumatism. So far as gout is concerned, it makes a most excellent remedy if made up with other plants of a foreign and domestic origin, by a practised herbal physician.

Dose.—Of a tincture of the buds, from one to four fluid drachms. Of an extract of the bark, five to fifteen grains three times a day.

THROAT-WORT. Cervicaria.

Description.—This plant has a great, thick, white root, which sends forth hard, square, brown stalks, three or four feet high, whereon grow large, hard, dark green leaves, two at the joint. At the top of the stalk stand many purple flowers set in husks which are sometimes gaping and sometimes open, somewhat like those of Water Betony; after which come hard, round heads, with a small point in the middle, wherein lie small brownish seed. It grows in moist, shady woods, and in low fields and meadows, flowering in July, and the seeds ripening about a month after the flowers have fallen.

Government and Virtues.—It is a plant of *Venus.* It is excellent in scrofula, king's evil, either in decoction or ointment, to the throat. The ointment of the fresh herb is effectual in all knobs, kernels, bunches, wens, and for hemorrhoids or piles, the decoction being taken inwardly at the same time. The distilled water of the whole plant is used for the same purposes, and will also take away all redness, spots, and freckles in the face.

TOBACCO. Nicotiana Tabacum.

Description.—This is an annual herb with a long, fibrous root, and an erect, round, hairy, viscid stem, branched toward the top, and from four to six feet in height. The leaves are pale green, one or two feet long, and six or eight inches broad. The flowers are rose colored.

History.—Tobacco is a native of the southern portions of America, and the hotter the climate in which it is raised, the more grateful is its flavor. It was first exported to Europe in 1586 by Sir Walter Raleigh. It is now raised in many parts of the world, and especially in the Middle states of America. That most commonly used is raised in Virginia, (or was, prior to the rebellion,) but the Cuban, or Havana leaf has the preference among smokers. The dark leaf is much stronger and more powerful in action than the light colored. Water or alcohol extracts its virtues. The prevailing analysis is gum, mucilage, tannic acid, chlorophyll, green pulverulent matter soluble in boiling water, pale yellow resin, nicotina, nicotianin, and a substance analagous to morphia.

Tobacco is a potent acro-narcotic poison. It should not be, used in any form by persons afflicted by fits or any kind of nervous disease. Unless such persons discontinue its use, their afflictions cannot be abolished entirely although they may be mitigated. I would impress upon all such patients this fact so vividly that they will not forget it. The infusion is more apt to affect the heart, and its smoke to act on the brain—the former being followed by great feebleness of the pulse, fluttering of the heart, faintness, alarm, etc., while the latter occasions nausea, vomiting and drowsiness. Medicinally, it is a sedative, emetic, diuretic, expectorant, discutient, anti-spasmodic, and sialagogue. In my opinion it should never be used internally, unless where extreme emetics will not operate. Scotch snuff and lard is an old and pretty well exploded application for croup. But, properly prepared by one who has earnestly studied its peculiarities, Tobacco is one of the most valuable ingredients existing of an

ointment for external application in cases of sore throat, asthma, tubercular consumption, piles, strangulated hernia, all spasmodic affections, ulcers, tumors, peritonitis, neuralgia, hysteria, convulsions, cutaneous diseases, etc., etc. It may be even outwardly applied in cases of Fits, if compounded with belladonna and several other excellent articles of a similar character, which are known only to an experienced herbalist, with great satisfaction.

TOLU. MYROSPERMUM TOLUIFERUM.

Description.—The tree from which *Balsam of Tolu* is obtained is so similar to that from which *Balsam of Peru* is procured, that a full description of it is needless.

History.—It is a tree which grows throughout the forests of South America. I have seen it growing there in all parts of the Republic of Peru, and can safely assert that it is not, as some botanists have said, the tree, (although similar excepting in the leaves) from which the *Balsam of Peru* is obtained. The *M. Toluiferum* is the species from which the best Tolu is procured, and the best specimens thereof are found on the elevated plains and mountains near Tolu, Carthagena, and in the Magdalena province of Colombia. The Balsam, as I collect it, flows from incisions made in the bark at the proper times, and is received in waxen vessels in which it solidifies. It is then put into tin vessels and taken to whatever quarter of the globe it may be desirous to have it sent.

Government and Virtues.—It is governed by *Saturn.* It is, like Balsam of Peru, a stimulant, tonic, and expectorant, and can not be equalled for its curative effects (when *properly* and *skillfully* combined with other articles of a similar nature) in cases of consumption, catarrh, bronchitis, asthma, and all inflammatory, ulcerated, spasmodic, or other morbid conditions of the respiratory organs and their adjuncts The balsam dissolved in ether, and the vapor therefrom inhaled, is reported beneficial in coughs and bronchial affections of long standing, and I have no doubt it is so, as its virtues in such complaints are very wonderful; but in order to make a *cure* it must be combined with other

ingredients, for the names of which see page 291 of this book.

VALERIAN. Valeriana Officinalis.

Description.—The officinal Valerian, sometimes known as *Great Wild Valerian*, is a large herb with a perennial, tuberous, somewhat creeping, fetid root, and a smooth, hollow, furrowed stem, about four feet in height. The leaves are all pinnate, opposite. The flowers are flesh-colored, small, and fragrant.

History.—Valerian is a European plant, growing in wet places, or even in dry pastures, flowering in June and July. Several varieties grow in America, and are used; but the English Valerian is by all odds the best. The officinal part is the root.

Government and Virtues.—It is under the influence of *Venus*. Valerian excites the cerebro-spinal system. In large doses it causes headaches, mental excitement, visual illusions, giddiness, restlessness, agitation, and even spasmodic movements. In medicinal doses it acts as a stimulating tonic, anti-spasmodic, and calmative. It is temporarily beneficial in all cases where a nervous stimulant is required. The extract is good. The infusion is preferable.

Dose.—Of the infusion, one or two fluid ounces, as often as may be prescribed by a physician.

TANSY. Tanacetum Vulgare.

Description.—Tansy has a perennial, moderately-creeping root, an erect, six-sided, leafy, solid and smooth stem, one to three feet in height, and smoothish, dark green leaves. The flowers are golden-yellow. There is a variety with crisped and dense leaves called Double Tansy.

History.—Tansy is indigenous to Europe, but is cultivated largely in America. It grows spontaneously, also, in old grounds, and along roads, and flowers generally in August or the early part of September. The whole plant is officinal. It has an unpleasant, aromatic odor, and a strong, pungent and bitter taste, which properties it owes to a yellow or greenish

volatile oil. Its medicinal virtues are extracted by alcohol, ether, chloroform, and by water in infusion.

Government and Virtues.—Tansy is a plant of *Venus*. Culpepper, the head of the old English Herbalists, says of it, "Dame Venus was minded to pleasure women with child by this herb; for there grows not an herb fitter for their use than this is; it is just as though it were cut out for the purpose." My knowledge of it leads me to teach all women who want children never to touch it, for the oil, as well as the infusion, is frequently used as an abortive, than which there is nothing so dangerous and destructive to health and life. The seed is very profitably given to children for worms. The plant is tonic, emmenagogue and diaphoretic. The cold infusion is very good for flatulency, worms, dyspepsia, jaundice, etc. The warm infusion, carefully administered, will possibly be found beneficial in tardy labor pains, but I do not feel warranted in recommending it for the use of women in the family-way. There are other things much better and safer, as the careful reader of this book may readily observe. Tansy is much employed as a fomentation to swellings, strains, tumors, local inflammations, etc., and is often applied to the bowels in amenorrhœa and painful dysmenorrhœa. A vinous infusion is used for urinary obstructions and weakness of the kidneys.

Dose.—Of a powder sometimes made, thirty to sixty grains every three or four hours. Of the infusion, from one to three fluid ounces. Of the tincture, one fluid drachm.

TAPIOCA. Janipha Manihot.

Description.—This plant is a native of Brazil and is cultivated in various parts of South America. It has a large, fleshy, oblong, tuberous root, often weighing thirty pounds, and full of a wheyish, venomous juice. The stems are white, crooked, brittle, jointed, pithy, usually six or seven feet high, and having a smooth, white bark. The branches are crooked, and have, on every side, near their tops, their leaves.

History.—This plant furnishes a large amount of food to the

inhabitants of Southern America, under the names of Mandioca, Tapioca, and Cassava Starch. What we know as Tapioca is prepared from the root of one variety of this plant, (there are two varieties) which is first reduced to what is called Bitter Cassava, and which is a bitter juice. The large fleshy root is reduced to a pulp, this is washed with cold water in funnel-shaped water-filters, the starch in allowed to subside in the milky fluid, which passes through, and is afterwards prepared and dried in the usual manner, a description of which is not necessary. This starch is the substance used.

Government and Virtues.—The tree is under the dominion of *Jupiter*. Tapioca is nutritive and demulcent. It is useful as a light and agreeable food for the sick, especially those who have febrile diseases or weak stomachs. It is much used for food for infants who are undergoing the process of weaning.

THISTLE. (Cotton, or Woolly) Carduus Arvensis.

Description.—This has many large leaves, of a green color on the upper side, but covered over with a long hairy wool or cotton down, set with sharp and cruel prickles.

The flowers are crimson; sometimes, but very seldom, white. The seed that follow in those white, downy heads is somewhat large and round. The root is great and thick, spreading much, but generally dies after seed-time.

History—There are several varieties of the Thistle, but all, both in England and America, possess the same qualities. It grows on ditch banks, in fields and highways—almost everywhere, in fact, and flowers in June, July and August.

Government and Virtues.—It is a plant of *Mars*. It is tonic and astringent, used principally in dysentery and diarrhœa, boiled in milk. It is, in decoction, a fair remedy for cramps and spasms. The root is the part chiefly employed, boiled in water.

THORN-APPLE. Datura Stramonium.

Description.—This plant, also known as *Stinkweed, Jamestown Weed, Apple fern, etc.*, is a bushy, smooth, fetid annual plant, two or three feet in height, and in rich soil even more.

The root is rather large, of a whitish color, giving off many fibres. The stem is much branched, forked, spreading, leafy, of a yellowish-green color. The leaves are large and smooth, from the forks of the stem, and are uneven at the base. The flowers are about three inches long, erect, large and white. The fruit is a large, dry, prickly capsule, with four valves and numerous black, reniform seeds. There is the Datura Tatula, or purple Stramonium, which differs from the above in having a deep purple stem, etc.

History.—Stramonium is a well-known poisonous weed, growing upon waste grounds and road-sides, in all parts of the United States. It is found in very many parts of the world. The whole plant has a fetid, narcotic odor, which diminishes as it dries. Almost every part of the plant is possessed of medicinal properties, but the officinal parts are the leaves and seeds. The leaves should be gathered when the flowers are full-blown, and carefully dried in the shade. They impart their properties to water, alcohol, and the fixed oils. The seeds are small, reniform, compressed, roughish, dark brown or black when ripe, grayish brown when unripe. They yield what is called Daturia, which may be obtained by exhausting the bruised seeds with boiling, rectified alcohol, and then proceeding as for the active principle of other seeds of a similar character.

Government and Virtues.—It is a plant of *Saturn.* In large doses, it is an energetic, narcotic poison. The victims of this poison suffer the most intense agonies, and die in maniacal delirium. In medicinal doses, it is an anodyne, anti-spasmodic, and is often used as a substitute for opium. It is used with fair effect in cases of mania, epilepsy, gastritis, delirium tremens, and enteritis ; also in neuralgia, rheumatism, and all periodic pains. The dried and smoked leaves are useful in spasmodic asthma, but as there are other means much more certain to cure, and less dangerous, I, and other herbalists seldom or never recommend them. Daturia is seldom employed in medicine, being a very active and powerful poison.

VANILLA. Vanilla Aromatica.

Description.—Vanilla Aromatica is a shrubby, climbing, aerial parasite, growing in the clefts of rocks, or attaching itself to the trunks of trees. It suspends itself to contiguous objects, and is TRULY an aerial plant. The stem is round, about as thick as the finger, from twenty to thirty feet in length, and oftener thicker at the summit than at the base. The flowers are yellowish white. The fruit is a species of bean, yellow or buff color, of an agreeable aromatic odor; they must be dried with care or they will lose their properties.

History.—Vanilla grows in Mexico and other parts of tropical South America. There are several species which are supposed to furnish the Vanilla of commerce. It yields its virtues to water or alcohol.

Government and Virtues.—It is under the dominion of *Venus*. It is an aromatic stimulant, and is used, in infusion, in hysteria, rheumatism, and low forms of fever. It is also called an aphrodisiac, powerfully exciting the generative system. Vanilla is said to exhilarate the brain, prevent sleep, increase muscular energy, and stimulate the sexual propensities. In cases of NERVOUS DEBILITY, or SEXUAL IMPOTENCY, it may be used with the utmost advantage; but not in the forms in which it is commonly given, or taken. In order that it may be effective for permanent good, an account of the case which has to be treated should be sent to an herbalist-physician of long practice, who, for a slight recompense, can make an excellent preparation. Even with a complete description of how to use this bean for the diseases above mentioned, an inexperienced person would be likely to make a fatal mistake. The best plan *is to rely* upon those who have made the matter a business and a study.

VELVET LEAF. Cissampelos Pareira.

Description.—This plant, which is sometimes called the *Ice vine*, is a shrub with a round, ligneous root, stems either smooth, or with close pressed down, and climbing over trees. Leaves not remarkable. The berries are scarlet.

History.—This plant is a native of the West India Islands and the Spanish Main, and is little known to our botanists. The root is the officinal part. It is very difficult to procure it unless you deal extensively in that style of article.

Government and Virtues—It is under the dominion of *Saturn*, and is tonic, diuretic, and aperient. Used in chronic inflammation of the bladder, and all disorders of the urinary organs, it cannot, if properly prepared and combined with other plants possessing a similar character, fail of perfecting a cure. It is also excellent in calculous affections, dropsy, rheumatism, and jaundice. All the combinations of this plant, and preparations of a curative nature, I make at a moderate cost, when apprised of the peculiarities of the case by the patient.

VERVAIN. (*Blue*) VERBENA HASTATA.

Description.—Vervain, sometimes known by the names of *Wild Hyssop* or *Simpler's Ivy*, is an erect, tall, elegant, and perennial plant, branched into several parts, rising about from two to four feet high, especially if you reckon the long spikes of flowers at the tops of them, which are set on all sides, one above another, and sometimes two or three together, being small and gaping, of a blue color and white intermixed, after which come small, round seeds in small and somewhat long heads. The stalk and roots are the parts used for medicinal purposes. The root, however, is the strongest and best.

History.—Vervain is indigenous to the United States, and grows along road-sides, and in dry, grassy fields, flowering from June to September. It is also found in England, growing among hedges, by the way-side, and other waste grounds, flowering in July, and the seeds ripening soon after.

Government and Virtues.—This is an herb of *Venus*. "It is excellent to strengthen the womb and remedy all its weaknesses," as Culpepper properly remarks, and it is particularly remarkable for its cleansing and healing qualities. It will regulate mismenstruation most effectually. It will kill and expel internal worms, and is a most capital agent for the cure of all diseases

of the spleen and liver. If given in intermittent fever in a warm infusion or powder it never fails to effect a cure. In all cases of cold and obstinate menstruation, it is a most complete and advantageous sudorific. When the circulation of the blood is weak and languid, it will increase it, and restore it to its proper operations. The infusion, taken cold, forms a good tonic in cases of constitutional debility, and during convalescence from acute diseases. Its value has been found to be great in scrofula, visceral obstructions, and stone and gravel. It will correct diseases of the stomach, help coughs, wheezing, and shortness of breath, etc., but its virtues are more wonderful still in the effect they produce upon Epilepsy, or Falling Sickness and Fits. The leaves bruised, or the juice of them, mixed with vinegar, will remove morphew and freckles.

The following application is singularly effective in promoting the absorption of the blood, effusion in bruises, and allaying the attendant pain. Take of Vervain, Senna, and White Pepper, of each equal parts, make a cataplasm or plaster, by mixing with white of eggs.

Dose.—Of the powdered root, from one to two scruples. The dose of the infusion is from two to four wine-glassesful three or four times a day, if an emetic is desired. The great—very great—medicinal value of this plant was brought to my attention by an accidental knowledge of the good it had effected in a long standing case of Epilepsy. Its effects in that case were of the most remarkable character, and I was, therefore led to study most carefully and minutely its medicinal peculiarities. I found, after close investigation and elaborate experiment, that, prepared in a certain way, and compounded with boneset, smart weed, chamomile blossoms, and the best of whiskey, it has no equal for the cure of Fits, or Falling Sickness, or anything like Fits; also for Indigestion, Dyspepsia, and Liver Complaints of every grade. A more valuable plant is not found within the whole range of the Herbal pharmacopœa. See "Magic Assimilant," page 297; also illustration.

WAFER ASH. PTELEA TRIFOLIATA.

Description.—This plant is also known as *Wing-seed*, *Swamp Dogwood*, and *Shrubby Trefoil* It grows from six to eight feet in height, with trifoliate leaves. The flowers are greenish white, and nearly half an inch in diameter.

History.—Wafer Ash, or *Ptelia*, is a shrub common to America, growing most abundantly west of the Alleghanies, in shady, moist places, and edges of woods, and also in rocky places. It flowers in June. The bark of the root is officinal and yields its virtues to boiling water. Alcohol, however is its best solvent.

Government and Virtues—It is a plant of *Mars*, although neither hot nor biting. It should be gathered in the signs of *Cancer*, *Virgo*, *Libra*, and *Scorpio*, having an almost universal application to the "ills which flesh is heir to." It is especially tonic and unirritating. It is said to be very useful as a promoter of the appetite, and as a remedy for general debility. It will be tolerated by the stomach when other tonics are rejected. Some think it equal, in cases of fever (intermittent) to quinia, but I do not; yet it is a most valuable agent, and properly applied by those who understand how to adapt its virtues to human afflictions, it may be made to do a great deal of good. Although most excellent for diseases of the stomach, I use it, in conjunction with other plants and preparations, only when an especial case seems to call for its employment. There are cases in which its virtues are particularly required. Should there be any such cases, I can always, for a moderate recompense, attend to them either in person or by mail; as there is no plant (foreign or domestic,) mentioned in this book, the free use of which I cannot procure at a moment's notice.

WHITE (AND BLACK) WALNUT. JUGLANS CINEREA.

Description.—The White Walnut is also known as the *Butternut*, *Oil Nut*, etc., and is indigenous to the United States. It grows from thirty to forty feet high, and its diameter is from four to five feet. At eight or ten feet from its base, it divides into numerous, nearly horizontal, wide spreading branches.

These are covered with a smooth grey bark. The leaves are alternate, from twelve to twenty inches long. The nut is of a dark color, hard, oblong and pointed. There is a species of this tree called the *Black Walnut*, the nut of which is globose, and sweeter and less oily than the Butternut.

History. These trees are common to North America. The Butternut is found throughout the New England, Middle and Western States, on cold, uneven, rocky soils, flowering in April and May, and maturing its fruit on or about the middle of autumn. Its officinal parts are its leaves and the inner bark of the root. The latter should be gathered from April to July. It contains resin, fixed oil, saccharine matter, lime, potassa, a peculiar principle, and tannic acid. The *Black Walnut* flowers, and ripens its fruit at the same time with the *Butternut.*

Government and Virtues.—Both are under the dominion of the *Sun.* Butternut is a gentle and agreeable cathartic, and does not induce constipation after its action. In cases of habitual constipation, or other intestinal diseases, it has considerable value. It is used in decoction, in cases of fever, and in the murrain of cattle. The juice of the rind of the Black Walnut will cure herpes, eczema, porrigo, etc., and a decoction of it has been used to remove worms. The European Walnut has been found to be efficacious in cases of scrofula, but those who read this book carefully, will find better remedies described for all branches of that awful affliction. By adding a saturated tincture of Butternut bark to twice its volume of water, and distilling off the alcohol, an agent is prepared called *Juglandin,* which is much used in a combination with castile soap.

WHORTEBERLRY. (BLUE) Raccinium Frondosum.

Description.—This is a shrub from three to six feet high, with a greyish bark, and round, smooth, slender, and divergent branches. The leaves are pale and covered with minute resinous dots. The flowers are small and reddish white. Fruit large, globose, and dark blue, and sweet and edible. The *Black Whortleberry* is nearly the same, and both plants produce fruit of the same qualities.

History.—These plants are common to the northern part of the United States. The fruit or berries, and the bark of the root, are the parts used ; they yield their virtues to water.

Government and Virtues.—They are under the influence of *Mercury.* They are diuretic and astringent, and are useful, in any shape, in scurvy, dysentery, and diarrhœa. The decoction of the bark is much used in leucorrhœa ; but it is merely a palliative and will not make a cure.

WORMWOOD. Artemisia Absinthium.

Description.—This is a perennial plant, with a woody root, branched at the crown, and having numerous fibres below. The whole herb is covered with close, silky heariness ; the stems are numerous, bushy, and from one to two feet in height. Their lower part exists for some years, from which young shoots spring forth every year, decaying in cold weather.

History.—Wormwood grows nearly all over the world,—from the United States to Siberia. It flowers from June to September. The tops and leaves are the parts used. The dried herb, with the flowers has a whitish grey appearance, a strong, aromatic odor, and is extremely bitter to the taste. Alcohol or water takes up its active principles. It yields what is known to druggists as *Absinthine.*

Government and Virtues.—It is under the dominion of *Saturn*, and is anthelmintic, tonic, and narcotic. It is used for many diseases, among which may be enumerated intermittent fever, jaundice, worms, want of appetite, amenorrhœa, chronic leucorrhœa, obstinate diarrhœa, etc. It is also used externally in country places as a fomentation for sprains, bruises, and local inflammations. Taken too often, or in large quantities, it will irritate the stomach, and dangerously increase the action of the heart and arteries. It is, however, like all other medicinal herbs and plants most excellent when its use is prescribed and regulated by an experienced and conscientious professional physician, who understands the value of Herbal preparations.

WORMWOOD. (SEA OR HOLY) Seripliran.

Description.—This plant grows near the sea, and is somewhat

rare; therefore it is more highly esteemed than the common Wormwood. I give an illustration of it in another part of this book because of its value, beauty and rarity.

History—It grows, as I have said above, near the sea in various parts of Europe, and is very costly to those who do not live where it inhabits, as the task of gathering it is both arduous and perplexing, and the yield is always scanty.

Government and Virtues.—It is a plant of *Mars.* "It provokes urine," says Culpepper, "helps surfeits, or swellings in the belly, and causes appetite to meat." For nervous debility, there is probably nothing like it in the world. Compounded with Rosemary, Blackthorn, and other vegetable products, by a method which it has cost me a good many years of severe study and experiments to bring to perfection, it is invaluable as a life restorative. It is also most useful for liver complaints; but as there are many other plants and herbs better, and it is so rare, I do not use it in such cases; but in all cases of nervous prostration, and loss of ordinary vigor either of *mind* or *body*, prepared with other herbal remedies to which I have made allusions under the proper headings, it is truly an Elixir of Life. There is no better invigorator extant for certain painful and annoying afflictions which need not be here described, but the nature of which will be readily understood.

YARROW. Achillea Millefolium.

Description.—Yarrow, also called *Milfoil, Nose bleed,* and *Thousand Seal,* is from ten to twenty inches high, with a simple stem, branching at the top, and many long leaves spread upon the ground, finely cut, and divided into many parts. The flowers are white or rose-colored, and arrayed in knots upon divers green stalks, which arise from among the leaves.

History.—Yarrow inhabits Europe and North America; is found in pastures, meadows, and along road-sides, flowering from May to October. The plant possesses a faint, pleasant, peculiar fragrance, and a rather sharp, rough, astringent taste, which properties are due to tannic and achilleic acid, essential oil and bitter extractive, alcohol or water being its proper menstrum.

Government and Virtues.—Yarrow is under the influence of *Venus*. It is astringent, alterative, and diuretic, in decoction. It is efficacious in bleeding from the lungs, and other hemorrhages, incontinence of urine, piles, and dysentery. It is valuable in amenorrhœa, or suppressed or restrained menses, flatulency, and spasmodic diseases. It forms a useful injection in leucorrhœa or whites, also in menorrhagia, or profuse or too long continued menstruation. An ointment cures wounds, ulcers, fistulas, and the head bathed in a decoction prevents the falling out of the hair; while the leaves chewed in the mouth will frequently ease the tooth-ache. ACHILLES is supposed to be the first that left the virtues of this herb to posterity, hence the active principle of this plant is called *Achilleine*, which is much used as a substitute for quinia in intermittent fevers, in the South of Europe.

Achillea Farnica, or Sneeze-wort, has leaves entirely different from the Yarrow, and should not be mistaken one for the other. The whole of this plant is pungent, exciting an increased flow of saliva; and the powder of the dried leaves, when snuffed into the nostrils, produces sneezing, which is supposed to be owing to their small, sharp, and marginal teeth.

Dose.—The infusion of Yarrow is given in doses of from a wine-glassful to a tea-cupful, three or four times a day; the essential oil from five to twenty drops. In menorrhagia or profuse menstruation, a tablespoonful of the saturated tincture may be given three or four times a day.

I DO not wish it understood that the foregoing descriptions form a complete list of plants, of which nature has furnished countless numbers, but I *do* wish it remembered that I have given an account of all that I consider and know to be of real medicinal value. Nearly all these can be obtained in this country. I must, however, impress upon the reader the fact that these plants should be gathered at the proper times, and under correct planetary and climatic influences, and I take occasion to say that it would be better if they were collected by a physician who thoroughly understands the Herbal

Practice ! because, if so collected and prepared *together* in such forms as his studies and experience may dictate, they will cure all the diseases that afflict humanity. If gathered at the wrong times, and by inexperienced parties, they will not, of course, impart their beneficial, or curative virtues. Or, even if collected by competent persons, and kept over one year, they will possess no real merit. I would particularly warn my readers against the use of plants and herbs which are for sale in places where they are doubtless kept for several years. These, as a general thing, are not gathered at the proper times, or, if they are, are kept so long that they lose all their original properties ; but *any* person can gather these herbs and plants without much trouble, in their original excellence and at the proper times. In order that they may do this, I have given all the necessary information as to times, seasons, qualities, places of growth, varieties of names, and also furnishing a series of beautiful colored illustrations by which those who may not understand the *written* description clearly can have a clue to the plant which will not fail them. I frequently have applications, from all quarters, for these plants and herbs, and it is with great regret that I here insert the fact that I cannot furnish them. Many of them are rare and scarce, but of even the *commonest*, I can only procure enough, by the greatest expense and exertion, to supply the imperative demands of my laboratory. I am sometimes compelled to undergo almost too much expense to procure the material from which I manufacture my several remedies.

VALUABLE HERBAL RECIPES.

In the following pages will be found a variety of recipes for such diseases and affections as usually prevail in all parts of the world. These are given for the benefit of those who are not within range of regular medical attendance, or who may desire palliation and safety while awaiting answers to their communications to physicians miles away. The recipes given can be easily made up, and the advice given with them can be readily made available. Many—very many—other valuable recipes have been omitted, from the fact that the plants and herbs which form their chief ingredients are not to be obtained in this country, as they are imported only by myself.

GOLDEN TINCTURE.

No. 1 Balsam of tolu, two ounces; gum guaiacum, two ounces; gum hemlock, two ounces; gum myrrh, two ounces; each coarsely powdered; oil of hemlock, three ounces; oil of wintergreen, two ounces; alcohol, one gallon. Let it stand fourteen days. Shake frequently in the meantime.

Dose.—From one to two teaspoonsful, according to severity and obstinacy of the case, in half a glass of sweetened water. This mixture has proved highly useful as an internal remedy for rheumatism, colic, pains, chills, soreness, lameness, sour stomach, languor, depressed spirits, palpitations, water brash, flatulency, and a variety of painful affections.

PULMONARY REMEDY.

No. 2. Take of the roots of spikenard, elecampane, comfrey, and blood-root: of the leaves and flowers of hoarhound, and of the bark of wild cherry, each one pound. These may all be ground and tinctured, by adding alcohol, water, and sugar sufficient to make three gallons of syrup, or any portion of the above compound may be tinctured in sufficient alcohol to cover them, when the herbs may be boiled until their strength is obtained, and the tincture and watery infusion may be mixed, and a sufficient

amount of refined sugar added to make a thick syrup. For coughs and colds, to be taken in teaspoonful doses as required. This remedy will act as a useful substitute for my prepared cure, the "Acacian Balsam," in such parts of the country as are without Express conveniences. It is, however, by no means equal to the "Balsam," and I do not say that it will save life where the lungs are really ulcerated.

LIVER CORDIAL.

No. 3. Thorough-wort, two ounces; ginger, half ounce; cloves, half ounce; extract dandelion, four ounces; water, one and one-half pints. Boil to one-third, and add, sugar, one and one-half pounds, and brandy, one pint.

Dose.—A wine-glassful once or twice a day. An excellent cordial cathartic to act upon the liver. The herbs must be gathered at the proper season or they will be worthless.

ANTI-BILIOUS PILL.

No. 4. Aloes, pulverized, five ounces; fine dry castile soap, half a drachm; gamboge, pulverized, one ounce; colocynth, one ounce; extract of gentian, one ounce; mandrake, one ounce; cayenne pepper two ounces; oil of peppermint, half a drachm. Mix well together, and form into three grain pills.

Dose.—Three to five pills.

AN EXPECTORANT.

No. 5. For asthma and cough, to promote expectoration, and remove tightness of the chest, the following is a valuable compound preparation. Fluid extract of skunk cabbage, one ounce; lobelia, one ounce; blood-root, one ounce; pleurisy-root, one ounce; ginger, one ounce; water, one pint; alcohol, three pints.

Dose.—Two to four teaspoonsful.

FOR PRODUCING SLEEP.

No. 6. The following is a useful preparation for producing sleep, in wakeful or excited conditions, viz: fluid extract of ladies' slipper, one ounce; fluid extract of pleurisy-root, one ounce; fluid extract of skunk cabbage, one ounce; fluid extract scull-cap, one ounce. Mix.

Dose—Half a drachm to a drachm three times a day.

FOR SICK AND NERVOUS HEADACHE.

No 7. For sick and nervous headache, dependent on an acid stomach, the following is useful: fluid extract of ladies' slipper, half an ounce; fluid extract of catnip, half an ounce; fluid extract of scull-cap, half an ounce; water, one pint.

Dose.—One to three teaspoonsful. Mix.

TONIC TINCTURE.

No. 8. Old cider, four gallons; white oak bark, ten ounces; horse-radish root, one pound; seneca snake-root, six ounces; golden seal root, four ounces; cayenne pepper, two ounces; bruise all fine, add the cider, let stand for ten days, frequently shaking up the mixture in the meantime.

Dose.—For an adult, half to two-thirds of a wine-glassful, three times a day.

SARSAPARILLA SYRUP.

No. 9. Good sarsaparilla, two pounds; guaiacum, three ounces; rose leaves, two ounces; senna, two ounces; liquorice root, two ounces; oil of sassafras, five drops; oil of aniseed, five drops; oil of wintergreen, three drops; diluted alcohol, ten pints; sugar eight pounds.

Dose.—A table-spoonful two or three times a day

RHEUMATIC TINCTURE.

No. 10. Peppermint water, one and one-half ounces; wine of colchicum root, half an ounce; sulphate of morphine, one grain; magnesia, one scruple.

Dose.—One teaspoonful three or four times a day.

FOR BRONCHITIS.

No. 11. Tannin, three grains; extract of belladonna, three-fourths of a grain; extract of conium two and a half grains; infusion of senna, three ounces; fennel water, one and a half ounces; syrup of marsh-mallow, one and a half ounces. Mix.

Dose.—A table-spoonful to be taken every two hours in chronic bronchitis.

COMPOUND SPIRITS OF LAVENDER.

No. 12. Dried lavender flowers, two drachms; nutmeg, two drachms; mace, two drachms; cloves, two ounces; cinnamon, two ounces. Pulverize all these, and add a quart of spirits. Let it then stand for a week, and then strain off the liquid.

Dose.—One or two teaspoonsful may be taken often in a little water, with loaf sugar. Useful in nervous affections.

NERVE TONIC.

No. 13. Extract of scull-cap, two drachms; extract of chamomile, two drachms; extract of boneset, one drachm; pulverised cayenne, one scruple; quinine, one drachm; oil of valerian, half a drachm. Beat well together, and make ninety pills.

Dose.—For an adult, one pill every two or three hours.

STOMACHIC BITTERS.

No. 14. Gentian root, two ounces; dried orange peel, one ounce; cardamom seed, half an ounce, (all bruised); diluted alcohol or common whiskey, one quart. Let it stand for two weeks.

Use.—Dyspepsia, loss of appetite, general weakness, etc.

Dose.—One or two table-spoonsful in water, three times a day.

FEVER AND AGUE.

No. 15. Take of boneset, two ounces; blue vervain, two ounces; scull-cap, one ounce; Virginia snake-root, half an ounce. Make an infusion and drink freely while warm. If it produces vomiting, reduce the dose. This will be found highly beneficial. If the bowels are constipated, use one of my "Renovating Pills" every night until all constipation has been removed or remedied.

STRENGTHENING PLASTER.

No. 16. Resin, one pound; beeswax, one ounce; burgundy pitch, one ounce; mutton tallow, one ounce. Melt them together, and add olive oil, pulverized camphor, and sassafras

Dandelion

Daisy

Elecampane

oil, of each one-sixteenth of an ounce, and West India rum, one fluid ounce. Stir well together, pour into cold water, and form into rolls with the hands ; spread with a knife on a piece of linen cloth, and apply in weakness of the joints, rheumatism, weak chest, weak back, ulcers. This is an excellent plaster for all such purposes.

ACETIC BLOOD-ROOT SYRUP.

No. 17. Blood-root in powder, one drachm ; acetic acid, or vinegar, one pint ; water, one pint. Add the blood-root to the vinegar and water mixed, and steep for two hours, then strain and add two pounds of white sugar, simmer until a syrup is formed.

This is a *specific* remedy for pseudo-membranous croup. It is also used in infantile pneumonia and bronchitis, but the "Acacian Balsam" should be used with it.

Dose.—For Croup, from half a teaspoonful to a table-spoonful, but it should not be given in quantities sufficient to provoke vomiting, unless there is imminent danger of suffocation, and then only sufficient to eject the mucous adhering to the upper part of the bronchii and trachea.

A GOOD EMETIC.

No. 18. Pulverised lobelia, one ounce ; pulverised blood root, one ounce ; pulv. ipecacuanha, six drachms ; pulv. cayenne, four scruples ; seneca, one scruple. Mix. An excellent emetic in all cases where one is required. My "Renovating Pills" should be used to cleanse the system of all remaining particles of lobelia.

Dose.—Half a teaspoonful in a cup of warm water, and repeat every fifteen minutes, until it operates.

NERVE TONIC AND ANTI-SPASMODIC.

No. 19. High cranberry bark, one ounce; skunk cabbage-root, half an ounce ; scull-cap, half an ounce ; cardamom seeds, two drachms; pulv. cayenne, two drachms. Put these into a pint of wine. Shake it well every day for three or four days.

Dose.—A table-spoonful four times a day.

DYSENTERY SYRUP.

No. 20. Best Turkey rhubarb, two drachms; leptandrin, two drachms; white sugar, one pound; hot water, one pint. Triturate well together; add essence of peppermint, one drachm; essence of anise, one drachm; tincture of catechu, two drachms.

Dose.—For dysentery, one teaspoonful every half hour.

COUGH PREPARATION.

No. 21. Tincture of lobelia, half an ounce; tincture of blood-root, two ounces; oil of spearmint, half a drachm; molasses, five ounces.

Dose—Take one-half of a teaspoonful as often as needed. Useful merely as a palliative.

PULMONARY SYRUP.

No. 22. Spikenard root, sixteen ounces; white root, sixteen ounces; blood root, eight ounces; elecampane, eight ounces; colts-foot, eight ounces; boneset, eight ounces; poplar bark, four ounces; seneca snake root, two ounces; lobelia, two ounces; slippery elm bark, eight ounces; proof spirits, three gallons. Bruise or pulverise all, and digest in the spirits for fourteen days; then strain, and add white sugar sufficient to form a syrup.

Dose.—A tablespoonful occasionally, in a mucilage of slippery elm.

Use.—This is a fair relief in all coughs and pulmonary affections.

CHRONIC DISEASES OF THE MUCOUS SURFACES.

No. 23. Hard balsam copaiba, three and a half drachms; fresh ground cubebs, three and a half drachms; carbonate of ammonia one drachm. Make one hundred pills.

Dose.—One pill three times a day, between meals.

LINIMENT FOR CHILBLAINS.

No. 24. Sulphuric acid, one drachm; spirits of turpentine, one drachm; olive oil, three drachms. Mix the oil and turpentine first, then gradually add the sulphuric acid.

A valuable liniment for chilblains when no other can be obtained. To be rubbed on two or three times a day.

LINIMENT FOR NEURALGIA, ETC.

No. 25. Sweet oil, one ounce; water of ammonia, strong, one ounce. Mix. To be rubbed on with a piece of flannel. A temporary relief for crick in the neck, and rheumatic and neuralgic pains.

SLEEPLESSNESS.

No. 26. Camphor, one grain, formed into a pill, followed by a draught of an ounce and a half of the infusion of hops, with five drops of sulphuric ether.

CHRONIC RHEUMATISM.

No. 27. The remedies given below will be found generally useful:

First.—Warm salt bath. When the pain is very severe at night, take tincture of guaiacum, one drachm; tincture of aloes, half a drachm; spirits of turpentine, three drachms. Mix, and take in a pint of gruel at bedtime.

Second.—Should the pains continue very severe, give the following:—Aloes, half a scruple; opium, three grains; syrup of buckthorn sufficient to form a pill mass. Mix, and make three pills; one at bed-time.

Third.—Compound powder of ipecacuanha, eight grains; camphor mixture, one and a half ounces. Mix, and give a draught every night.

Fourth.—Take wine of colchicum seeds, one ounce; give from ten to twenty drops in gruel or water three times a day, with one of the following pills:—Sulphate of quinine, twenty-four grains; and syrup sufficient to form into twelve pills; *or*:

Fifth.—Iodide of potash, one drachm; distilled water, two ounces.

Mix, and give a teaspoonful in a wine-glass of water—morning, noon, and night. This seldom ever fails to give relief.

REMEDY FOR BOWEL COMPLAINT.

No. 28. Rhubarb, pulverised, one ounce: salaratus, one

teaspoonful : pour on a pint of boiling water. When cold, add a table-spoonful of essence of peppermint.

Dose.—From one to three table-spoonsful two or three times a day.

WORM MIXTURE.

No. 29. Populin, one drachm : santonin, twenty grains : tincture of pink root, four ounces : neutralizing mixture, one pint. Rub the santonin in the neutralizing mixture, until thoroughly mixed, then add the other ingredients. Excellent for removing worms in children.

Dose.—From thirty to forty drops every half hour, until it acts on the bowels as a purge. If the worms are not removed, repeat every two or three days; but be cautious to get *good* pink root, as much of the plant sold for pink root by the druggists is poisonous.

PAINFUL MENSTRUATION.

No. 30. Extract of hyoscyamus, gum camphor, and dover's powders, of each one scruple. Mix, and make into twenty pills.

Dose.—One pill twice a day for painful menstruation.

STOMACH PILL.

No. 31.—Pulverised rhubarb, and guaiacum, of each eight grains : galbanum, two grains : ipecacuanha, two grains. Mix, and make eight pills.

Dose.—Take one or two pills, night and morning. Excellent for a weak stomach, and a bilious condition.

BRONCHIAL TROCHES. (For Temporary Relief.)

No. 32. Extract of liquorice, one pound : sugar, one and a half pounds : cubebs, four ounces ; gum arabic, four ounces : all pulverised : extract of conium, one ounce. Mix, and take a piece as big as a pea and dissolve it in the mouth, several times a day; rubbing the neck three times a day with the "Ethereal Ointment."

DIARRHŒA.

No. 33. Syrup of orange peel, one ounce ; acetate of mor-

phine, two grains ; tincture of cinnamon, six drachms ; tinc ure of cardamom, two drachms. Mix.

Dose.—A teaspoonful. Valuable in diarrhœa.

NEURALGIA.

No. 34. Tincture of American hellebore, one drachm ; tincture of black cohosh, two ounces. Mix.

Dose.—One teaspoonful, from three to six times a day.

PILE OINTMENT.

No. 35. Extract of stramonium, one ounce ; extract of tobacco, one ounce ; tannin, ten grains. Make an ointment, and bathe or lubricate the parts, if you cannot at once get the "Etherial Ointment."

STOMACHIC PILL.

36. Powdered cayenne pepper, one drachm ; rhubarb, two drachms. Make into a mass with syrup, and divide into sixty pills.

Dose.—Two to three every day, an hour before dinner.

AROMATIC BITTERS. (*Stimulant.*)

No. 37 *First.*—Absinthium. (*Wormwood.*) Infuse three drachms in twenty ounces of water.

Dose.—From a half to two tablespoonsful.

Use.—In debilitated state of the digestive organs.

Second.—Acorus—Calamus, (*Sweet flag root.*) Infuse one ounce in twenty ounces of water. Joined with other tonics.

Use.—In uneasiness from flatulence.

TONIC TEA. (*Debility.*)

No. 38. Chamomile, scull-cap, and queen of the meadow, each one pound. Reduce them to powder, and mix well together.

Dose.—To one tablespoonful of this powder add one pint of water ; make a tea and drink during the day. This is a good tonic in all cases of debility.

SPICED BITTERS. (*For weak patients.*)

No. 39. Poplar bark, ten pounds ; bayberry bark, two pounds ; balmony bark, two pounds ; golden-seal, one pound ;

cloves, one pound ; cayenne pepper, half a pound ; loaf sugar, sixteen pounds.

Let these articles all be made fine and well mixed. Put a table-spoonful of this compound, with four ounces of sugar, into a quart of boiling water. Take a wine-glassful three times a day before eating, or a teaspoonful of these powders may be taken in a cup of hot water, half an hour before each meal.

TONIC. (*For Chlorosis, or Green Sickness.*)

No. 40. Sulphate of quinine, fifteen grains : diluted sulphuric acid, fifteen drops : compound tincture of cardamom, three drachms : tincture of hops, three drachms : compound infusion of roses, six ounces. Mix.

Dose.—A teaspoonful two or three times a day.

HARD DRY COUGH.

No. 41. Tincture of blood-root, one ounce ; sulphate of morphine, one and a half grains : tincture of digitalis, half an ounce ; wine of antimony, half an ounce : oil of wintergreen, ten drops. Mix.

Dose.—From twenty to forty drops, two or three times a day. Very good relief for a hard dry, cough.

TINCTURE FOR FEVER AND AGUE, ETC.

No. 42. Peruvian bark, and wild cherry bark, each two ounces ; cinnamon, cloves, and nutmeg, each one drachm ; wine, two quarts. Let it stand for a few days to extract the strength.

Dose.—A wine-glassful every two or three hours.

Use.—A very good remedy for intermittent fever, or fever and ague, after suitable evacuants. It frequently removes the disease when all other means fail.

ANTI-SPASMODICS.

MISTURA CAMPHORÆ. (*Aqua Camphoræ, U. S.*)

No. 43. *First.*—Camphor, two drachms ; alcohol, forty drops : carbonate magnesia, four drachms; distilled water, two pints.

Dose.—One to two tablespoonsful.

Use.—In typhoid conditions, with delirium, for after-pains.

TINCT. CAMPHORÆ COMP. (*Paragoric Elix. Tinc. Opii Camph.*)

Second.—Pulverized opium, one drachm; benzoic acid, one drachm; oil of aniseed, one drachm; sugar, two ounces; camphor, two scruples; diluted alcohol, two pints. Macerate for fourteen days. Half a drachm contains less than one grain of opium.

Dose.—For infants, from five to twenty drops; adults, one to two tablespoonsful.

Use.—To allay cough or nausea, to check diarrhœa, to relieve pains.

Moschus. Preputial secretion of the musk animal.

Dose and *form*—Five to ten grains, in pill, bolus, or emulsion.

Use.—Hiccough, epilepsy, asthma, cough, palpitation.

TONIC AND CATHARTIC.

No. 44. Aloes, gentian, orange peel, juniper berries, and bruised aniseed, each one ounce; gin, one pint. Mix. Macerate for two weeks, and then strain.

Dose.—A tablespoonful once or twice a day. Good for bilious habits.

DISCUTIENT OINTMENT.

(*For scrofulous and glandular tumors.*)

No. 45. Bark of bitter-sweet root, stramonium leaves, cicuta leaves, deadly nightshade, and yellow dock root, each two ounces; lard, one pound. Bruise and simmer the roots and leaves in spirits; then add the lard, and simmer till the ingredients are crisped or thickened into an ointment.

COUGH MIXTURE.

No. 46. Syrup of tolu, one ounce; syrup of squills, half an ounce; wine of ipecac, two drachms; paregoric, three drachms; gum arabic mucilage, one and a half ounces. Mix.

Dose.—Take a teaspoonful occasionally.

GARGLES.

No. 47. *First.*—Raspberry leaves, geranium, blackberry root, and leptandrin root, each one ounce. Mix and make three pints of strong decoction. Suitable for a gargle.

Second.—Geranium, golden-seal, marsh-mallow, wild indigo root, and rosemary, each half an ounce. Mix, and make one pint of strong infusion. After straining, add two drachms of powdered borax, and one gill of honey. An excellent astringent gargle.

HONEY BALSAM.

No. 48. Balsam of tolu, balsam of fir, each two ounces; opium, two drachms. Dissolve all three in one quart of alcohol.

Dose.—A teaspoonful occasionally. Valuable for the relief of pulmonary diseases.

ANTI-DYSENTERY CORDIAL.

No. 49. Birch bark, and peach pits, each two pounds; bayberry bark, half a pound; wild cherry bark, one pound; water, two gallons. Boil down to one and a half gallons, after which add a gallon of good brandy, and loaf sugar sufficient to make it palatable.

Dose.—A wineglassful three or four times a day.

FOR GRAVEL, DROPSY, ETC.

No. 50. Queen of the meadow, milk-weed, juniper berries, dwarf elder, spearmint, wild carrot seed, of each two ounces. Put all in a mortar and bruise, and boil the whole in a gallon of water, till half a gallon of the liquid is left, and then strain.

Dose.—Half a pint of the decoction is to be taken several times during the day.

COUGH SYRUP.

No. 51. Acetate of morphine, four grains; tincture of blood-root, two drachms; antimonial wine, three drachms; ipecacuanha, three drachms; syrup of wild cherry, three ounces; Mix.

Dose.—A teaspoonful two or three times a day.

FOR THE LONG ROUND WORM OF CHILDREN,

No. 52. Pulverised rue, ten grains; santonin, five grains; podophyllin, one grain. Rub well together; divide into eight powders, and give one every night and morning.

DIARRHŒA.

No. 53. Tincture of catechu, half an ounce; spirits of

camphor, tincture of myrrh, and tincture of cayenne, each two drachms. Mix.

Dose.—From half a teaspoonful to a teaspoonful in Diarrhœa.

INJECTION.

No. 54. Castor oil, one gill; pulv. cayenne, ten grains; table salt, one teaspoonful; molasses, one gill; warm water, one pint. Inject.

THE BLUES, OR LOW SPIRITS.

No. 55. A pleasant cordial for low spirits is the following:—Aniseed, four drachms; oil of angelica, one drachm; oil of cassia, forty drops; oil of carraway, thirty drops; proof spirits, two gallons. Mix well.

Dose.—Half a tablespoonful in water.

SKIN DISEASES WITH MUCH IRRITATION.

No. 56. Decoctions of bitter-sweet and mallows, of each half a pint; mix and make a liniment. Use the Renovating Pills internally.

CHILBLAIN OINTMENT.

No. 57. Lard, two quarts; turpentine, one pint; camphor, quarter of a pound. Rub into the parts. This will be found a capital remedy.

ACIDITY OF THE STOMACH.

No. 58. Hard wood ashes, one quart; common soot, half a gill; water, six pints. Digest, settle, and filter.

Dose.—Take one tablespoonful three times a day, in acidity of the stomach.

HEMORRHOIDS. PILES.

No. 59. Opium, one scruple; pulverised nut-galls, one drachm; ointment althææ. Mix, and anoint the parts.

SORE THROAT.

No. 60. Those subject to sore-throat should make a wash of warm water, in which wood-ashes have been dissolved, and apply externally every morning. The "Ethereal Ointment" should be applied at night, and well rubbed in. If the disease has become permanent or chronic, the "Acacian Balsam" must be used according to directions. (See page 285.)

INJECTION FOR COSTIVENESS.

No. 61. Castor oil, two ounces; tincture of prickly ash bark, half an ounce; compound tincture of Virginia snake root, two drachms; infusion of boneset and senna, equal parts, half a pint. Mix, and inject. It is, by no means, however, as good as the "Renovating Pills." See page 294.

TO PRODUCE PERSPIRATION.

No. 62. Blood-root, golden-seal, sumach-berries, bayberry bark, of each two drachms; all pulverised. Mix.

Dose.—Make an infusion in a pint of hot water, and give a table-spoonful every half hour.

POULTICE FOR A FESTER.

No. 63. Boil bread in the settlings of strong beer; apply the poultice in the common manner. This has saved many an hour of suffering.

CATAPLASMS, OR POULTICES.

No. 64. May be made by moistening bread crumbs with milk. They may also be made of flax-seed, roasted onions, snake-root, hops, etc.

Poultices are useful in nearly all cases of local inflammation.

TOOTHACHE.

No. 65. Gum opium, gum camphor, spirits of turpentine, each one scruple. Rub in a mortar to a paste. Put it in the hollow tooth.

Use.—This will cure and ever prevent the toothache.

A FRAGRANT BREATH.

No. 66. Take sherry wine, one gill; ground cloves, and grated nutmeg, each one drachm; cinnamon, and bruised caraway seeds, each a quarter of an ounce. Place all these dry substances into the wine or spirits, in a half pint bottle, and let them stand for several days, shaking the bottle every night and morning. Strain off the tincture through linen to get it bright, then add about ten drops of lavender, or five drops of the otto of roses.

A few drops on a lump of sugar dissolved in the mouth, will secure a breath of flowers.

It may be also used with advantage on the tooth-brush, in lieu of tooth powder, or, mixed with water it makes an excellent gargle.

FOOT BATH.

No. 67. A bucket of warm water ; pulv. cayenne pepper, one tablespoonful ; ground mustard, two tablespoonsful. Mix.

Use.—As a foot bath in suppression of menses.

TO IMPROVE THE VOICE.

No. 68. Beeswax, two drachms ; balsam of copaiba, three drachms ; powdered liquorice root, four drachms. Melt the copaiba with the wax in a new earthen pipkin. When they are melted, remove them from the fire, and while in a liquid state, mix in the powdered liquorice.

Make pills of three grains each. Two of these pills to be taken occasionally, or three or four times a day, if necessary.

Use.—This is a good remedy for clearing and cleaning the voice and is much used by professional singers.

HEADACHE. NEURALGIC PAINS.

No. 69. Take of opodeldoc, spirits of wine, salamoniac, equal parts, and apply like any other lotion.

STINGS.

No. 70. Bind on the place a thick plaster of common salt or salaratus moistened ; it will soon extract the vemon.

A STOMACHIC.

No. 71. Fresh ground cubebs.

Dose.—From five to twenty grains.

Use.—As a stomachic in disorders of the digestive organs.

MUSTARD POULTICES.

No. 72. These are prepared by adding one tablespoonful of mustard to three of flour, mixing with equal parts of water and vinegar.

Use.—They are beneficially employed to attract the blood from the deep-seated or inward, to the superficial or outward capillaries, or hair-like veins or arteries.

OFFENSIVE BREATH.

No. 73. Solution chloride of sodium, six drops; water, two ounces. Mix.

Use.—A sure remedy for an offensive breath emanating from a deranged stomach.

ANTIDOTE FOR RATTLESNAKE POISON.

No. 74. The Medical Journal says the following is an infallible cure for the poison of a rattlesnake bite. Iodide of potass, four grains; corrosive sublimate, two grains; bromine, five drachms. Mix together, and keep the mixture in a glass-stoppered vial, well secured.

Dose.—Ten drops of this mixture, diluted with a tablespoonfull of brandy, constitutes a dose. The quantity to be repeated, if necessary, according to the exingencies of the case.

FOR CANCER.

No. 75. Take equal parts of fresh poke-weed, yellow dock, and blood-root; evaporate the juice by the means of a sand bath, to the consistency of tar. The ointment should be applied, after the cuticle has been removed by a blister, three times a day, The parts should be washed with good French brandy after each application of the ointment. If the reader finds it impossible to make this remedy, please write me full particulars of the case.

FOR HIP DISEASE.

No. 76. Take Iodine, one ounce; phosphate of lime, two ounces; water, one pint. Dissolve the iodine and lime the water, and add twenty grains of tannin. Inject with a small syringe three or four times a day.

Use.—A valuable injection in hip disease, where the head of the bone is decayed.

FOR BRUISES.

No. 77. Take pulv. slippery elm, and pulv. indigo weed, each one pound; gum myrrh, half a pound; pulv. prickly ash, a quarter of a pound. Wet with good brewer's yeast and apply. A very good poultice for bruises.

FOR DIPTHERIA.

No. 78. Saturated tincture of scrofulaire, one drachm, added to half a tumbler of water.

Triturated macrotyn, twenty grains; added to a tumbler full of water.

Dose.—One teaspoonful of each every hour.

GARGLE FOR THE ELONGATION OF THE UVULA.

No. 79. Fluid extract of rhusin, one drachm; fluid extract of bayberry, two drachms; water, two ounces. Mix, and gargle the throat three or four times a day. Also bathe the throat upon the outside in strong salt and water.

OINTMENT FOR THE ITCH.

No. 80. Take of sublimed sulphur, two parts; of subcarbonate of potash, one part; of lard eight parts. Make into an ointment and apply freely.

TO REMOVE WARTS AND CORNS.

No. 81. Apply the juice of the leaves of the great celandine or tetter-wort, and keep applying until the fungus growth is removed.

FOR THE TEETH.

No. 82. Make charcoal of bread, pulverise it until it is reduced to an impalpable powder, then apply daily, morning and evening, with a soft brush and pure cold water.

Use.—This will keep the teeth white, and cure diseases of the gums.

A GOOD MEDICATED WINE.

No. 83 Take of powdered colchicum seed, two ounces; of sherry wine, twelve fluid ounces. Put them together in a close glass bottle, and let them stand for fourteen days, giving a good shaking every day. Filter through a fine muslin cloth, and drink as required.

INJECTION FOR ASIATIC CHOLERA.

No. 84. Take of water, one fluid ounce; tincture of prickly ash berries, one fluid drachm; tincture of opium, twenty drops. Mix together. Inject in ordinary quantity until the desired effect has been produced.

BLEEDING AT THE NOSE.

No. 85. Powder of rhatany, (for internal use,) ten grains.

FOR OLD ULCERS.

No. 86. Take of red chickweed, which is common both in America and Europe, the leaves and flowers, and apply in the form of a poultice, frequently changing them.

FOR PARALYSIS OF THE BLADDER.

No. 87. Make from the leaves of the poison oak, a tincture with alcohol.

Dose.—From two to five drops three times a day. Children should never use it.

FOR NERVOUSNESS.

No. 88. Fluid extract of cinchona, one ounce; fluid extract of valerian, one ounce; essence of cardamom, two drachms. Mix.

Dose.—One drachm every three hours. This will generally save much suffering until a permanent cure can be procured.

FOR DECAYED TEETH.

No. 89. Dissolve, in a well-stopped bottle, a quarter of a pound of gum mastic, in a quantity of sulphuric ether barely sufficient for the purpose. Saturate, with this solution, a small piece of cotton of the size of the cavity in the tooth, and then, having cleansed and dried the cavity, gently press the cotton into it. This will be found useful where there are no dentists at hand.

TO KILL AND EXPEL TAPEWORMS.

No. 90. Solid extract of male fern, two scruples; gamboge, fourteen grains; scammony, eighteen grains. Mix, and divide into twenty pills.

Dose.—Two pills morning and night.

PALLIATIVE FOR DROPSY.

No. 91. Take of the oil of juniper berries, five drops; sweet spirits of nitre, one drachm. Mix.

Dose.—From two to five drops, three times a day.

FOR EXTREME WEAKNESS.

No. 92. Fluid extract of rhubarb, two ounces; fluid extract of gentian, half an ounce; diluted alcohol, two pints. Mix.

Dose.—From half an ounce to an ounce, morning and night. Begin with half an ounce and note the effects.

WASH FOR SORE MOUTH.

No. 93. Take of fluid extract of cranes-bill, two ounces; fluid extract of black cohosh, two ounces; fluid extract of golden-seal, two ounces; fluid extract of witch hazel, two ounces; water four quarts. Mix. Use as a wash as often as may seem to be required.

FOR DIARRHŒA.

No. 94. Take of fluid extract of colombo, two drachms; fluid extract of rhubarb, two drachms; fluid extract of ginger, one drachm; water, one quart. Mix.

Dose.—One drachm every one or two hours.

GARGLE IN SCARLET FEVER.

No. 95. Take of fluid extract of cayenne pepper, two ounces; common salt, two drachms; boiling vinegar, one quart; boiling water, one quart. Use as required.

CHALK MIXTURE.

No. 96. Take of prepared chalk, half an ounce; sugar, and powdered gum arabic, each two drachms; cinnamon water, and water, four fluid drachms each. Rub all together, until thoroughly mixed.

Dose.—A tablespoonful often repeated. This is valuable for acidity of the stomach.

FOR INTERMITTENT AND REMITTENT FEVERS.

No. 97. Take of the solid extract of butternut, one and a quarter drachms; solid extract of jalap, three quarters of a drachm; castile soap, ten grains. Mix, and divide into sixteen pills.

Dose.—From two to five pills, according to the age of the patient and the severity of the disease.

FOR COOLING THE BLOOD;

No. 98. Take of cream of tartar, two scruples; of water, one quart. Mix, and flavor to suit, and drink as a beverage.

FOR AN AFFECTION OF THE KIDNEYS.

No. 99. Take the buds of the tree known as the balm of gilead, (gathering them at the proper time, and under the proper influences,) and with alcohol make a tincture.

Dose.—From one to two fluid drachms a day.

FOR FELONS AND TUMORS.

No. 100. Gather poke root under the proper planetary influences, (see article on "Poke," in another part of this book,) and bury it in hot ashes until it is soft; then mash it and apply as a poultice.

STOMACH AND BOWELS.

No. 101. Place pumpkin seeds in water without bruising them, making an infusion. The infusion may be drank freely. It is very efficacious in inflammation of the stomach and kidneys, and scalding of the urine.

FOR BOILS AND CARBUNCLES.

No. 102. Get the leaves of the "round-leafed pyrola," or *pear leafed wintergreen*, and of the decoction make a poultice and apply to the parts affected. A very good preparation for temporary relief.

FOR MUSCULAR PAINS, NEURALGIA, ETC.

No. 103. Take of the extract of fox-glove, half an ounce; mix it with half a pint of tepid water, and then stir in as much flax-seed meal as will make a poultice of the right thickness. Be sure not to apply this poultice to any part where there is much skin off.

TO CURE BALDNESS.

No. 104. Take lac sulphur, one ounce; sugar of lead, half an ounce; sulphate of copper, five grains; pure water, half a pint. Mix and filter. Add seven ounces of rose water, and one ounce each of bergamot, cinnamon, jessamine and peppermint. Bathe the head in this twice a day, and give it a cold shower bath once or twice a week.

FOR LOCKED JAW.

No. 105. Take of dioscorine, twenty grains; scutellarin, twenty grains; quinine, twenty grains. Mix, and divide into ten powders, and give one every two hours until all are taken. The wound should be thoroughly cauterized, (if the disease be caused by a wound) and poultices applied immediately. An emetic and cathartic should also be administered.

FOR SALT RHEUM.

No. 106. Make a syrup of butternut leaves and root, and take a tablespoonful three times a day.

FOR CHRONIC ULCERS AND AGUE.

No. 107. Eat the root of star grass moderately. The root is edible.

FOR GRAVEL.

No. 108. Make an infusion of wild carrot, and chamomile blossoms, take a tablespoonful three times a day.

FOR FALLING OF THE RECTUM.

No. 109. Take of tannin, ten grains; geranin, twenty grains; white wax, one ounce; glycerin, one ounce. Melt the wax and mix the glycerin, and add the tannin and geranin while it is cooling. Apply four or five times a day. The bowels should be kept regular by the use of my "Renovating Pills."

FOR WHOOPING COUGH.

No, 110. Take of pulverised alum, one ounce; water, one pint. Heat the water until the alum is all dissolved, add one pound of refined sugar, and simmer until a syrup is formed, then strain and let it cool.

Dose.—From one to two teaspoonsful a day, as the case may require.

FOR DIABETES.

(*The voiding of sweet urine in large quantities.*)

No. 111. Take equal parts of beth root, black cohosh, cranes-bill, wild cherry, and hemlock bark. Pulverise. To a tablespoonful of the powder add a pint of boiling water, and

let it be drank cool, or cold during the day. Take the "Renovating Pill" to keep the bowels regular.

ACUTE ERYSIPELAS, SCARLATINA, ETC.

No. 112. Take equal parts of cleavers, maiden hair, and elder-blows. Macerate in warm water for two or three hours, and drink freely when cold.

Use.—This is an excellent drink in acute erysipelas, scarlatina, and other exanthematous diseases in their inflammatory stages.

FOR HYDROPHOBIA.

No. 113. Take dried herbs of bears foot, wood betony, woodsage, agrimony, box, and rue, of each two ounces, with a small piece of nightshade. Cut these small and put them into a gallon of rain-water, and boil all together in an iron vessel until reduced to a quart. When the liquid has boiled some time, add one ounce each of antimony, and filed pewter. Half a pint to be taken three mornings, fasting, for an adult, and a smaller quantity, in proportion to the age, by younger persons. The same quantity to be again taken at the next full of the moon. The patient to abstain from any spirituous liquors, and to be very careful not to heat the blood by any violent exercise.

FOR PUTRID FEVER.

No. 114. Take of decoction of elder blossoms, ten fluid ounces; of pure acetic acid, one ounce; of extract of cinchona, three drachms; of clarified elderberry jelly, one ounce. Mix.

Dose.—A teaspoonful every hour.

FOR DROPSY.

No. 115. Take of volatile oil of meadow-sweet, twenty drops; of a strong decoction of pepermint, one ounce; of an infusion of hysop leaves, six fluid ounces. Mix, and take a spoonful every hour.

☞ The above recipes, if made up from herbs and plants gathered at the right times and under the proper planetary and climatic influences, and not kept too long, will perform, in every instance the duties ascribed to them. If any of my

readers address me with reference to any of these recipes, they will please give the number of the recipe. The main object of giving these recipes is to enable the afflicted to procure relief until they can reach such certain remedies as are embodied in my four great specific preparations known as the "Acacian Balsam," the "Ethereal Ointment," the "Renovating Pill," and the "Magic Assimilant," for which see pages 279, 285, 294, and 297.

THINGS FOR THE SICK-ROOM.

Strawberry Jam.—Gather the scarlet strawberries when perfectly ripe; bruise them well and add the juice of other strawberries; take an equal part of loaf sugar, pound and sift it, stir it thoroughly into the fruit, and set on a slow fire. Boil it twenty minutes, taking off the scum as it rises, pour it into glasses or jars, and when cold tie down.

Apple Jelly.—Pare, core, and cut thirteen good apples into small bits; as they are cut throw them into two quarts of cold water; boil them in this, with the peel of a lemon, till the substance is extracted, and nearly half the liquor wasted; drain them through a hair sieve, and to a pint of the liquid, add one pound of loaf sugar pounded, the juice of one lemon, and the beaten whites of one or two eggs; put it in a sauce-pan, stir it till it boils, take off the scum and let it boil till clear, and then pour it into a mould.

Arrow Root Jelly.—Stir a tablespoonful of arrow root powder into half a cupful of cold water, pour in a pint of boiling water, let it stand five or ten minutes, and then sweeten it to suit.

Irish Moss Jelly.—Irish moss, half an ounce; fresh milk, one and a half pints. Boil down to a pint. Strain, and add sugar and lemon juice sufficient to give it an agreeable flavor.

Cream Custard.—Beat and put eight eggs into two quarts of cream, sweetened to the taste, with a little nutmeg and some cinnamon.

Berries *that may be used advantageously either when fresh and ripe, or when properly preserved.—Black and red currants, strawberries, gooseberries, raspberries, blackberries, whortleberries, dewberries, etc.*

Black Currant Preserves.—Black currants must always be gathered upon a dry day; then take as many pounds as you require, and to every pound add half a pint of red currant juice, and a pound and a half of finely powdered loaf sugar. With scissors clip off the heads and stalks; put the juice, currants, and sugar in a preserving pan; shake the whole frequently till it boils, carefully remove the fruit from the sides of the pan, and take off the scum as it rises; let it boil ten or fifteen minutes. This preserve is a most valuable adjunct of the sick-room, especially in cases of lung and throat diseases.

Grapes.—In all cases of fever, very ripe grapes of any kind are a beneficial article of diet, acting as both food and drink, and possessing cooling and soothing properties. They are also extremely grateful to every palate.

Pears.—Get pears and parboil them in water; peel them. Clarify your sugar, and boil them until they become red and clear; take the pears out, boil up the syrup, strain it and put over the pears.

Wafers.—One pound of flour, quarter of a pound of butter, two eggs beat, one glass of preserved quince juice, and some nutmeg.

Tarts.—Light tarts made of any of the edible berries, such as the strawberry, blackberry, or raspberry, are most excellent, and the elderberry, if carefully gathered when ripe will make a valuable tart for the sick-room.

Pies.—These should seldom or never be introduced into the sick-room, unless made without a top covering. Custard pie is about the best for the invalid.

Toast.—To make a most excellent toast for a reduced or convalescent patient, take bread twenty-four or thirty-six hours old, which has been made of a mixture of fine wheat flour and

Indian meal, and a pure yeast batter mixed with eggs. Toast it until of a delicate brown, and then, (if the patient be not inclined to fever) immerse it in boiled milk and butter. If the patient be feverish, spread it lightly with cranberry jam, or calves' foot jelly.

Cakes.—A good cake may be made by fermenting coarse flour and baking the cakes upon a griddle, as with buck-wheat batter. Eat with honey, or if that cannot be obtained, with cane-sugar syrup.

Cup Cake.—Two cupsful of milk or cream (cream is the best,) two of sugar, two of wheat flour, one of rice flour and a teaspoonful of salt; beat the articles well, put into cups, and bake half an hour.

Bread Pudding.—Take of bread crusts and dry crumbs as much as is necessary. Soak in water until soft, and then squeeze until dry. To each pint add one quart of milk, four eggs, and a tea-cup full of sugar. Bake or boil it according to taste. Either way it is very tasty and very good.

Decoction of Bran.—New wheat bran, one pint; water, three quarts. Boil down one third, strain off the liquor and add sugar, honey, or molasses, according to the taste of the patient.

Tapioca.—Tapioca is a very delightful food for invalids. Make an ordinary pudding of it, and improve the flavor, agreeably to the desire of the patient or convalescent, by adding raisins, sugar, prunes, lemon juice, wines, spices, etc.

Rice.—In all cases where a light and nice diet for parties who have been, or are, afflicted with diarrhœa, or dysentery, is required, rice in almost any cooked form is most agreeable and advantageous. It may be given with benefit to dyspeptics, unless costiveness accompanies the dyspepsia. To make rice pudding take a tea-cup full of rice, and as much sugar, two quarts of milk and a teaspoonful of salt. Bake, with a moderate heat, for two hours. Rice flour, made in a batter, and

baked upon a griddle, makes a superb cake, and rice flour gruel, seasoned to the taste, is most excellent for the sick-room.

Panado.—Put a little water on the fire, with a glass of wine, some sugar, and a little grated nutmeg; boil all together a few seconds, and add pounded crackers or crumbs of bread; and again boil for a few minutes.

French Milk Porridge.—Stir some oat-meal and water together, let the mixture stand to clear, and pour off the water. Then put more water to the meal, stir it well and let it stand till the next day. Strain through a fine sieve, and boil the water, adding milk while so doing. The proportion of water must be small. With toast this is admirable.

Common Milk Porridge will be found very palatable in ordinary cases. Everybody knows how to make it.

Brown Bread Biscuit.—Two quarts of Indian meal, a pint and a half of rye, one cup of flour, two teaspoonsful of yeast, and a tablespoonful of molasses. As you put the yeast in add a little salaratus—a very little. Let the whole rise over night, and bake as usual.

Pumpkin Bread.—Boil a sliced pumpkin in water until it is quite thick, then add flour so as to make it dough, and bake as usual.

Bread and Milk.—The bread must not be fresh, nor yet too old and stale. Common bread and milk, cool, and judiciously prepared with a little nutmeg, (and sugar if the patient is fond of sweets) is really a *nice* thing for the sick-room.

Buttermilk Pap.—Fresh buttermilk, four parts; water, one part; mix, boil, and thicken with Indian meal. Eat with butter, sugar, or molasses.

Coffee Milk.—Put a dessert-spoonful of ground coffee into a pint of milk; boil it a quarter of an hour with a shaving or two of isinglass; let it stand ten minutes, and then pour off.

Chicken Broth.—Take half a chicken, divested of all fat, and break the bones; add to this half a gallon of water, and boil for half an hour. Season with salt.

Cranberry Water.—Put a teacupful of cranberries into a cup of water and mash them. In the meantime boil two quarts of water with one large spoonful of corn or oat meal, and a bit of lemon peel; then add the cranberries, and as much fine sugar as will leave a smart flavor of the fruit—also a wine-glassful of sherry. Boil the whole gently for a quarter of an hour, then strain.

Toast Water.—Toast slowly a thick piece of bread cut from the outside of a loaf, until it is well browned, but not blackened. Then turn upon it boiling water of a sufficient quantity, and keep it from half an hour to an hour before using. Be sure that the liquid is of a rich brown color before you use it. It is a most excellent drink in all cases of sickness or convalesence.

Barley Water.—Ground barley boiled and sweetened, and flavored with lemon, makes a nutritious and refreshing drink for both the ill and the healthy.

Beef Liquid.—When the stomach is very weak, take fresh lean beef, cut it into strips, and place the strips into a bottle, with a little salt. Place into a kettle of boiling water and let it remain one hour. Pour off the liquid and add more water. Begin with a small quantity.

Wine Whey.—Heat a pint of new milk until it boils, at which moment pour in as much good wine as will curdle and clarify it. Boil and set it aside, until the curd subsides. Do not stir it, but pour the whey off carefully and add two pints of boiling water, with loaf sugar.

Orange Whey.—Milk, one pint; the juice of an orange with a portion of the peel. Boil the milk, then put the orange to it, and let it stand till it coagulates. Strain.

Sippets.—On an extremely hot plate, put two or three slices of bread, and pour over them some of the juices of boiled beef, mutton, or veal. If there be no butter in the dish, sprinkle over them a little salt.

Sago Gruel.—Sago, two tablespoonsful; water, one pint; boil gently until it thickens, frequently stirring. Wine, sugar, and nutmeg may be added, if needed.

Plum Cake.—One pound of pure fresh butter, one pound of sugar, twelve eggs, two pounds of raisins, two pounds of currants, and as much sifted spice as you please—especially if the case is one of nervous or muscular debility. Add a glass of wine and an ounce of brandy; also one pound of citron. The butter and sugar should be mixed as for pound cake. The eggs should be beaten lightly. Put in the fruit first, stirring it in gradually after it has been well floured. Now butter sheets of clean white paper, and line the inside of your pans. Lay in some slices of citron, then a layer of the mixture, then of the citron, and so on till the pan is full. Give it a hot and steady oven, and bake it from three to six hours, according to the thickness of the cake. For invalids, it would be best to ice it when thoroughly cold, or put it in a very cool place.

Drop Cake.—One pound of flour, one pound of sugar, eight eggs (leaving out half the whites,) rose water and nutmeg to your taste.

Sponge Cake.—Four large eggs, two cups of flour, two cups (even full) of sugar; beat the two parts of the eggs separate, the white to a froth; then beat them together; then stir in the flour, and without delay put into the oven.

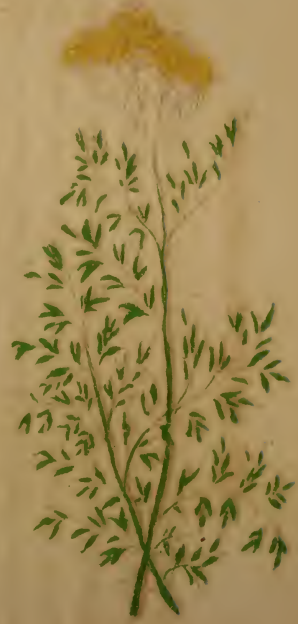
Superior Indian Cake.—Take two cups of Indian meal, one tablespoonful of molasses, two cups of sweet milk, a little salt, a handful of flour, and a little salaratus, and you have an Indian cake that will give joy to the heart of any invalid not afflicted with skin disease.

Batter Pudding.—Take one quart of milk, three eggs, one tablespoonful of salt, and flour enough to make it batter. Beat the ingredients till free from lumps, boil one hour and a half in a buttered bag.

Boiled Apple Pudding.—(To be used only by invalids or convalescents who are not, or have not been afflicted by diseases of the bowels and stomach.) Line a basin with paste, very thin and plain, fill it with the apples, and cover it with the paste. Tie a cloth over it, and boil it about an hour and a half, or until

Tansy

Wood Sorrel



Yarrow

the apples are done soft. Serve up plain or with the simplest sauce possible.

Pudding Sauce.—One pint of sugar, one tablespoonful of vinegar, one piece of butter the size of an egg; boil fifteen minutes; add one tablespoonful of rose water, a little nutmeg; boil it with the sugar in nearly a pint of water, and a large tablespoonful of flour.

Chicken Pie.—Cut up your chicken and parboil it. Season it in the pot. Take up the meat, put in a flour thickening, and scald the gravy; make the crust light; put in a piece of butter the size of an egg. Take a large tin pan, line it with the crust, which should be plain and delicate; put in your meat and pour in your gravy from the pot; make it nearly full, and bake in a moderate heat two hours, or two hours and a half.

Roast Chicken.—Pick, clean, singe, and wash. Then truss, and dredge with flour. Then put down to roast and baste with butter. When the steam draws towards the fire it is done. Make a rich gravy from the drippings, add butter, a little thickening, and the inwards nicely chopped after they have been boiled soft.

Codfish Boiled and in Steaks.—For all persons afflicted with any pulmonary affection, or of a scrofulous habit, no diet is so grateful or serviceable as fresh codfish. Boiled in the ordinary manner; (they should be put into cold water, not in boiling water) and served up with a common drawn butter dressing, they are far more invigorating than meats. The steaks, fried in the most simple style, and eaten warm or cold, are a luxury to the invalid. I look upon the fresh cod, cooked in the plainest manner, as one of the very nicest things Providence has provided for the weak and ailing. Its medicinal virtues reside in the iodine it contains in the *natural* form.

Fish Chowder.—Lay some slices of good fat pork in the bottom of your pot, cut a fresh cod into thin slices, and lay the latter on top of the pork, then a layer of biscuit, and alternately the other materials, until you have used them all, then

put in your water. Let it simmer until the fish is done, and then season to your liking. Add a coffee-cup of good rich milk or pure cream. This is delicious and very invigorating, but parties with very weak stomachs should avoid the pork part of the chowder.

Oyster Soup.—This should never be admitted to the sick-room unless made by a skillful and experienced nurse. For convalescents, the best way to make it is to boil the liquor with chopped celery and a very little butter. When it boils up add half as much milk as there is liquor, and pour it in a boiling condition over the oysters.

Soups for the convalescent.—To extract the strength from meat, long and slow boiling is necessary; but care must be taken that the pot is never off the boil. All soups should be made the day before they are used, and they should then be strained into earthen pans. When soup has jellied in the pan, it should not be removed into another. When in danger of not keeping it should be boiled up.

Calf's Brains.—Tie in a bag, after they have been properly cleaned, and boil one hour. Season to suit the taste.

Sick-room Custards.—Mix with the well-beaten yolks of four eggs, a pint of new milk, half an ounce of dissolved isinglass; sweeten with loaf sugar and stir over a slow fire until it thickens. Pour it into a basin and stir it until a little cooled, then pour it in cups out of which it may be turned when cold. Spice it according to the circumstances of the case.

Eggs.—In cases of extreme debility eggs are most excellent. They should never be boiled hard. The best way to prepare them is to beat them well with milk and sugar. Where it will be appropriate to the case add some fine pale sherry wine.

Tea Biscuit.—Take one pint of sour milk, one teaspoonful of salaratus, flour enough to knead up, a small piece of lard or butter, (leave out the lard if possible,) a little salt; roll it out and cut and bake into small, delicious biscuits. These must not be eaten warm.

Milk Biscuit.—Take four pounds of flour, two pounds of lard and butter rolled well; mix it with milk—add a little salt.

Peas.—Take young and fresh-shelled green peas, wash them clean, put them into fresh water just enough to cover them, and boil them till they take up nearly all the water. Season with salt, pepper, and butter. This dish, if prepared according to directions, and eaten warm, will not harm any invalid—not even one suffering from diarrhœa.

FOOD AND DRINKS.

Man is an omniverous creature, partaking of the nature both of the Carnivorous and Herbaceous animal. Hence, it is reasonable to suppose, that man should subsist on a mixed diet, consisting both of animal and vegetable substances. To settle this matter we must appeal to man's organization. His structure will tell us something we need not mistake. All the works of the Creator show design. Every thing he has made has a use, and is so contrived as to be adapted to that use. Lions, tigers, and other animals, for example, which feed on flesh alone, have a short second stomach—it being only about three times the length of an animal's body. Animals which eat no flesh—as that of a sheep—have very long second stomachs; while the *duodenum*, or second stomach, of the human being, is of a medium capacity, which fact, in connection with the peculiar formation of his teeth and his erect, or upright position, prove conclusively that man was destined to adapt himself to any clime, and to partake of any kind of food, animal or vegetable, as may be naturally supplied for his subsistence by the hand of Providence. For instance, the inhabitants of the Polar regions subsist principally on animal substances, and that, too, of the most oleagineous or fatty sorts.

Those tribes of men, laborers, hunters, etc., living in cold

climates, who subsist almost wholly on flesh, fish, or fowl, devour on an average about seven pounds per diem. In fact, the quantity of animal food consumed by some human beings, who are flesh-eaters in practice, seems almost incredible. Captain Parry relates the case of an Esquimaux lad, who at a meal, which lasted twenty hours, consumed four pounds of raw, as well as four pounds of broiled sea-horse flesh, one and a half pints of gravy, besides one and three-quarter pounds of bread, three glasses of raw spirits, one tumbler of strong grog, and nine pints of water. Captain Cochrane states in a "*Narrative of travels through Siberian Tartary*," that he has repeatedly seen a Yakut or Largouse eat forty pounds of meat in a day; and it is stated that the men in the Hudson's Bay Company are allowed a ration of seven or eight pounds of ordinary flesh meat per diem.

Charles Francis Hall, in his work called "*Artic Researches and Life among the Esquimaux*," relates his strange experiences among the tribes of the country, with whom he became, as it were, naturalized. Speaking of the kinds of food they used, and the enormous quantity consumed, Captain Hall remarks: "The skin of the Mysticetus (Greenland whale) is a great treat to the Esquimaux, who eat it raw. The "black skin" is three-fouths of an inch thick, and looks like india-rubber. It is good eating in a raw state even for a white man, as I know from experience; but when boiled and soused in vinegar it is most excellent." The Captain afterwards saw the natives cutting up the *krang* (meat) of the whale, into such huge slices as their wives could carry; and as they worked they kept on eating, until boat-load after boat-load was sent over the ice to be deposited in the villages of the vicinity. All day long were they eating, which led the Captain to exclaim: "What enormous stomachs these Esquimaux have!" He came to the conclusion, however, that the Esquimaux practice of eating their food raw, is a good one—at least, for the better preservation of their health. To one educated otherwise, as we civilized whites are, the Esquimaux custom of feeding on uncooked meats

is highly repulsive ; but eating meats raw or cooked is entirely a matter of education. "God has made of one blood all nations of men to dwell on the whole face of the earth, and has determined the times before appointed, and the bounds of their habitations." Take the Esquimaux away from the arctic regions and they would soon disappear from the face of the earth.

The Esquimaux are a hardy and happy people ; are comparativety free from diseases, and are never known to die of scrofula or consumption, as one of the consequences of eating so enormously of oleaginous or greasy animal substances.

On the other hand, in contrast to the gormandizing propensities of the Esquimaux, there are many examples of people living in cold climates, subsisting on coarse bread, not exceeding the average amount of one pound of wheat, rye, or corn daily ; but such persons, unless exceedingly active in their habits, seldom escape from the penalties of scrofula and consumption, for the simple reason that they soon fail to supply themselves with the meats or fatty animal substances necessary for the heat and life of the body. The Canadian teamsters live almost exclusively upon bread and fat, which, in a temperate climate would produce nausea and skin eruptions.

In warm climates, as in China, Hindoostan, Africa, and the tropics, the food of the natives is principally composed of vegetables and fruits—rice being the general diet, with only animal or other food enough to amount to a condiment or seasoning. Though the amount of food consumed by some of the nations is very small, and their habits very temperate, we do not find that even they are any the less liable to many of the diseases which afflict those who eat largely of a mixed diet. It is reasonable to suppose, however that less food and lighter clothing are required in warm or hot climates than those of the temperate and frigid.

The negroes on the plantations of Mississippi and Alabama, grow sleek and live to an advanced age, by subsisting largely on fat pork and hominy, corn bread, sweet potatoes, rice, etc In the pampas of Brazil and Buenos Ayres, where immense

herds of wild cattle are found, the hunters catch these bovines, strip them of their hides and horns, and, if hungry, will cut out a huge chunk of beef, half roast it, and eat it without salt or bread. In some parts of Brazil, the natives feed on a flour made from the roots of a certain plant or tree, moistening the same with the juice of the orange or lemon. Others find support in the yam, the banana or plantain, etc., while they are hugely addicted to drinking a species of whiskey called *aqua-dente.*

In Asia and Africa many of the natives derive their staple nutrition from gum acacia, and among us many an invalid has derived healthy nourishment from preparations containing gum acacia, when his stomach would neither bear nor digest any other article in the shape of food. In Peru the Indians will subsist for a month at a time by chewing a plant called erythoxylin coca, and in the meantime perform journeys of hundreds of miles. The Hindoos live principally on rice, and are considered a long lived and a very docile people. On the other hand, many of the Indian tribes of North America who live on roots, barks, berries, etc., are very savage and warlike in their habits. The Chinese drink strong tea, and the Turks coffee equally as strong, without apparent detriment to their general health. The laboring Scotch thrive partially on oatmeal porridge, without using a particle of meat. The Irish want nothing better than plenty of potatoes, cabbage, and buttermilk. The English, French, German, Italian, Spanish, and other civilized people of Europe, live upon mixed diet, though each have their peculiar likes and dislikes in the shape of dishes, and the average health of each nation is about the same. So in America, they eat every thing and any thing, without particular injury to the constitution, except when eating too fast and too much at a time, which is a proverbial national error.

People are liable to eat what they have been taught or educated to eat, without stopping to inquire concerning any physiological laws on the subject. Scrofula is the most prevalent of all diseases,—this fact being justly attributed not to pork or

food of any kind, but to the manner in which the people are lodged, living in small or unventilated apartments, crowded together and breathing foul air and the pestiferous effluvias of their own bodies.

There can be no doubt that many of the maladies incident to the human race, are produced through the agency of improper food, over-feeding, etc., on the internal organs; yet it can be readily shown that a far greater amount of maladies are induced through the medium of atmospheric impressions and vicissitudes on the external surface of the body. More diseases arise from breathing foul air, or from lack of the natural atmospheric air, than from the worst or poorest kind of food. Disease, therefore, is not so much a result of the kind of food we eat, as it is in the quantity and quality. What may be excellent for one man, may be very injurious for another; custom, habits, idiosyncracies, temperaments, etc., having a great deal to do in the digestion of food, and converting it into wholesome or nutritious blood, capable of supplying all the tissues of the body with their natural needs or stimuli. Very few people seem to know what their stomachs were intended for, or even know where they are situated. All sorts of deleterious substances are crammed into the stomach by thousands of people.

This ignorance of the uses of the stomach, or rather abuse of the functions, is sometimes the source of much suffering and disease. Besides the gastric tubes which supply the stomach with the gastric juice, which is necessary to dissolve the food before it can be converted into blood, it is extensively covered with a net work of nerves and blood-vessels, rendering the stomach very sensitive and very liable to inflammation. This inflammation sometimes becomes very active, producing vomiting, pain, fever, etc., all caused by imprudence in diet. It is a warning. If the warning be not heeded, this inflammation becomes chronic; the nerves lose their sensibility; the stomach becomes inactive, and, that most distressing of all diseases, dyspepsia, (and often epilepsy or fits) takes up its abode as a

permanent guest. Most frequently it comes on more slowly and without apparent warning.

The food we eat has to be properly digested. People are apt to suppose that digestion is performed in the stomach only. This is a mistake. The stomach performs the greater part of the work, but it is greatly assisted by other organs besides. Digestion really begins in the mouth. Besides the teeth, which are the true organs of digestion, there are situated in the cavity of the mouth three small bodies called salivary glands, which pour out a fluid called *saliva*, (or spittle,) which is just as necessary to the proper digestion of food as the gastric juice itself. The more thoroughly the food is mixed with saliva, the more perfect will be digestion. This should teach us to eat slowly and to chew so well that every mouthful of food may contain a proper amount of it. It should also teach us that this saliva is too valuable a substance to be contaminated with tobacco juice, or wasted in expectoration from smoking, especially where the temperament is nervous. Saliva is constantly being poured into the cavity of the mouth, whether we are asleep or awake. As a general thing in a healthy person, about five wine-glasses full of saliva are secreted in a day.

We eat that the body may be supported with blood, for our food before it can become a part of the body, must first be converted into blood. A full grown, healthy working-man consumes, in one year, about twelve hundred pounds of victuals and drink—that is about eight times his own weight ; yet if he should weigh himself at the end of the year he would find that he weighs very little more or less than he did at the beginning. Now what has become of the twelve hundred pounds he has eaten? It has been wasted away. With every motion, every breath, every operation of the mind, the body has been wasted, and food has been required to support the waste.

The one great cause of the wasting of the body, and of the constant demand for food is action. If the muscles could be kept from moving, our lungs from breathing, and our minds from thinking, then we might not require food, for there would

be no waste. This condition of things, of course, could never exist, without death speedily following.

Exercising violently excites hunger, since it makes us breathe faster, and therefore causes us to inhale more air. A man of sedentary habits does not require so much food as a laboring man, because he does not waste away as fast. Much of the wasted material of the body is carried off by the lungs, in the form of *carbonic acid.* The skin too does its share of the work. It not only assists in breathing, but it also carries out of the system a large proportion of its dead particles.

Children require more food in proportion than adults, because they are growing, and therefore, so to speak, need more to build up their bodies. After we have attained our growth, we neither gain nor lose our weight, provided we are in health, for we consume as much food as the body wastes. This is called a state of equilibrium. As old age comes on, the body begins to decline in weight, and then we waste more than we consume.

Food may be distinguished into two kinds, viz—nitrogenized, and non-nitrogenized. The first class is called the plastic elements of nutrition, and is designed solely to make blood, and to form the substance of the tissues in the general structure of man; while the non-nitrogenized kind is necessary to keep up the animal heat, by yielding hydrogen and carbon to be exhibited in the lungs. The elements of human nutrition and recuperation, are vegetable fibrine, albumen, caseine, and animal flesh and blood; while the elements of respiration are fat, starch, gum, cane sugar, grape sugar, sugar of milk, wine, beer and spirits. The elementary principles, or proximate elements of food consist in water, gum, sugar, starch, lignin, jelly, fat, fibrine, albumen, caseine, gluten, gelatine, acids, salts, alcohol, etc. All these elements are found in sufficient abundance in either the vegetable or animal kingdoms, and are to be used according to the natural wants of man, or the supply of the waste. No precise rules, therefore, can be laid down to suit every particular state of either disease or health. Every one accordingly should eat and drink only those things which

he may find by experience, habits, or peculiarities to best agree with his condition, and reject all substances which he may find injurious to his health and general well-being. It is the provocative variety, or the over stimulation of the palate that does the greater mischief to health. The plainer the food, and the fewer the dishes, the greater will be the immunity from disease. Whether the diet be vegetable or animal substances, the result will be the same, in relative proportion to the nutriment yielded. Fish, for scrofulous and consumptive persons, is a most excellent diet, containing a principle called iodine.

Meats contain the most nitrogen, the nitrogenous portions of our food make flesh, and go to supply the wear and tear, and wastes of the body; these are ultimately passed from the system in the urine. If more nitrogenous food is eaten than is needed to supply these wastes, nature converts it more rapidly into living tissues, which are, with corresponding rapidity, broken down and converted into urine. This is when the food is digested; but when so much is eaten that it cannot be digested, nature takes alarm, as it were, and endeavors to remedy the trouble in one of three ways. The stomach rebels and casts it off by vomiting, it is worked out of the system by attacks of diarrhœa; or the human creature is made uncomfortable generally, and is restless both by day and by night; as a further punishment, his appetite is more or less destroyed for several meals afterwards. Little or no nitrogen is poured off with the perspiration, breathing, or fæces.

Whatever diet we use, whether animal or vegetable, the secret of its utility lies not only in the quantity and quality, but in the manner in which either kind is cooked, when so prepared for food. Much ignorance prevails everywhere in this matter of cooking the substances that are requisite for the sustenance of our bodies. Let any person, unable to eat broccoli or greens cooked in a quart of water, try the effect of having them cooked in a gallon of water; or of having the quart of water changed three or four times during the process of cooking, and he will soon discover the difference. If good potatoes are

"watery," it is because they are ill-cooked. Fried dishes, rich gravies, and pastry, should be avoided, because of their tendency to develope fatty acids in the stomach.

We may reasonably suppose that the physiology of digestion is yet too imperfectly understood to enable us to lay down any precise laws as to what to eat, drink, and avoid. With a little vigilance, however, each person can ascertain for himself what foods do and do not agree with him. As before intimated, the peculiarities in this respect are remarkable. Some cannot endure fat; others cannot get along without it. Some cannot touch mutton; others are made ill by eggs. Let each find out his own antipathy. Suppose the case of a healthy man—so healthy that he cannot be healthier. We will say the quantity of blood in his body is thirty pounds, and that he loses one pound of this in every twenty-four hours. Is it not plain enough that he must eat as much food in the same time as will supply the waste of blood he has lost? But if he should eat as much as will furnish a pound and a half of blood, he will have half a pound of blood too much in his system. Should he go on adding an extra half pound of blood daily more than is required to supply the tissues, what then will be the consequences? Bursting of the blood vessels. But good Dame Nature has measurably guarded against any such plethoric catastrophe; for, after having supplied the waste of the body, the undue quantity of blood is converted into fat or adipose matter, thus restoring the blood's volume to a due standard. But this *quasi* fat is of no use to the body. It does not give it strength; on the contrary, it is an incumbrance to the machinery, and, in more ways than one, is an evil. He, therefore, who eats too much, even though he digests or assimilates what he eats, and should be fortunate enough to escape apoplexy, or some other disease, does not add a single particle to his strength. He only accumulates fat, and incurs the evils thereunto appertaining—one among many of which I will mention—I mean the accumulation of fat about the heart, and interfering to a most dangerous degree, with the heart's action. A man's strength resides in

his arterial blood—in his muscles, and bones, and tendons, and ligatures, in his brawn and sinew; and his degree of strength depends upon the vigor, size, and substance of these; and if he were to eat without ceasing, he could not add to their size and substance one atom, nor alter their original healthy dimensions. Therefore it is a most mischievous fallacy to suppose that the more a man eats the stronger he grows.

The quantity of food taken daily should just be sufficient to restore to the blood what the blood has lost in restoring the waste of the body, and that should always be proportioned to the degree of bodily exertion undergone. But how are we to know the exact amount of the waste that is daily going on in our system in order to apportion the quantity of food thereto? Nature tells us not only when, but how much we ought to eat and drink.

For instance, when you are excessively thirsty, and when you are in the act of quenching your thirst with a draught of cold water, you know when you have drank enough by the cessation of thirst; but there is another token which not only informs you when you have drank enough, but which also prevents you from drinking more, that is if you drink water only. While you are in the act of drinking, and before your thirst has been allayed, how rich, how sweet, how delicious is the draught, though it be but water! But no sooner has your thirst been quenched, than behold in an instant all its deliciousness has vanished! It is now distasteful to the palate. To him, then, who requires drink, water is delicious; for him who does not require drink, water not only has no relish, but impresses the palate disagreeably. To a man laboring under the very last degree of thirst, even foul ditch water would be a delicious draught; but his thirst having been quenched, he would turn from it with disgust. In this instance of water-drinking then, it is clear that the relish depends, not on any flavor residing in the water, but on some certain condition of the body. It is absurd to say that you cannot drink water because you do not like it, for this only proves that you do not want it; since the

relish with which you enjoy drink depends upon the fact of your requiring drink, and not at all upon the nature of the drink itself.

Now apply this to eating instead of drinking. Place before a hungry workman stale bread and fat pork, flanked by a jug of cold water. While his hunger remains unappeased, he will eat and drink with an eager relish; but when his hunger has been appeased, the bread and meat and water have lost what he supposed to be their delicious flavor.

If we ate only simple and natural food, plainly cooked, there would be no danger of eating too much,—the loss of relish and the feeling of disgust, consequent upon satisfied hunger, would make it impossible. Indeed, this sense of satiety is as much and as truly a natural token intended to warn us that we have eaten enough, as the sense of hunger is a token that we require food.

As hunger instructs us when to eat, so disrelish teaches us when we should desist. It would seem that the very *ne plus-ultra* of the cook's art is to destroy the sensation of disrelish, which is almost as necessary to our health as hunger itself. Thus it appears the object of modern cookery is to make the stomach bear a large quantity of food without nausea—to cram into the stomach as much as it can possibly hold, without being sick.

The rule which should regulate the quantity of food to be used, is found in that sensation of disrelish which invariably succeeds to satisfied appetites. If you be content to live plainly and temperately, you will never eat too much, but you will always eat enough; but if you would rather incur the penalty of disease then forego the pleasure of dining daintily, all I can say is, you are welcome to do so—but do not plead ignorance—blame only yourself.

I have stated already that certain people have been known to eat from seven to forty pounds of meat or food in a single day. On the other hand, persons have lived on twelve ounces of food a day, and were actually exempt from disease. Dr.

Franklin, in his younger days, confined himself solely to ten pounds of bread a week, drinking water only in the meantime. Rev. John Wesley lived to a great age on sixteen ounces a day, although he led a very active life as a preacher of the gospel; and a celebrated Italian nobleman, who led a dissipated life till near fifty years of age, suddenly reformed his habits, and lived on twelve ounces a day with a single glass of wine, until he had reached the hundreth year of his age. Was the wine one of the means by which he prolonged his life? It no doubt served to cheer his spirits. And this leads me to consider somewhat the nature of stimulants. By stimulants, I mean ardent spirits, wines, and strong ales. Are they necessary as articles of diet? They are not always, but have their uses. They are pernicious to the general organism, if too freely indulged in. Liquids which contain or make solids, are better than wines, etc., yet both have their uses. Milk, the moment it reaches the stomach, is converted into curds and whey. The whey passes off by the kidneys—the solid curd nourishes the body. Now, if we evaporate a glass of wine on a shallow plate, whatever solid matter it contains will be left dry upon the plate, and this will be found to amount to about as much as may be laid on the extreme point of a penknife blade; and a portion, by no means all—but a portion of this solid matter I will readily concede is capable of nourishing the body—and this portion is only equal to one-third of the flour contained in a single grain of wheat! If we want nourishment merely, why not eat a grain of wheat instead of drinking a glass of wine? Yet, wine has its uses as an exhilarant to the mind and body.

Once placed beyond the reach of the seductions of the palate, the simple rule of drink what you want and as much as you want, will of itself suggest the needful limitation. Physiology tells us plainly enough, not only why liquids are necessary, but how all superfluous quantities are rapidly got rid of.

An interdict has been placed against hot drinks, which,

if directed against tea and coffee so hot as to scald the mucous membrane, is rational enough, but is simply absurd when directed against hot in favor of cold drinks; the aroma of tea and coffee is produced by heat, consequently the pleasant, stimulating effect, is considerably diminished when they are allowed to get cold.

Great diversity prevails as to the kinds of drinks which should be used. Some interdict tea, others only *green* tea; some will not hear of coffee; others allow mild beer, but protest against the bitter. Whoever very closely examines the evidence will probably admit that the excessive variations in the conclusions prove that no unexceptionable evidence has yet been offered. By this, I mean that the evil effects severally attributed to the various liquids, were no direct consequences of the action of such liquids, but were due to some other condition. We often lay the blame of a restless night on the tea or coffee, which would have been quite inoffensive taken after a simpler dinner, or at another hour.

When a man uniformly finds a cup of tea produce discomfort, no matter what his dinner may have been, nor at what hour he drinks it, he is justified in the inference that tea disagrees with him; if he finds that the same effect follow whether he take milk or sugar with his tea, then he has a strong case against the tea itself, and his experience is evidence as far as it goes. But we should require a great deal of evidence as precise as this, before impugning the wide and massive induction in favor of tea, which is drawn from the practice of millions. Had tea in itself been injurious, had it been other than positively beneficial, the discovery would long ago have been made on a grand scale.

The same may be said of coffee. Both tea and coffee may be hurtful when taken at improper times, or by bilious persons; and a little vigilance will enable each person to decide for himself when he can, and when he cannot, take them with benefit.

I may briefly state my opinion that the great objection

against wines is its pleasantness, which is apt to lure us into drinking more than is needful. Wine is quite unnecessary for robust men living under healthy conditions; but to them it is also, when moderately taken, quite harmless. For many delicate men and women, living under certain unhealthy conditions, it is often indispensable. The physician must decide in all such cases.

Many think they cannot do without something to drink at regular meals. Cold milk at meals has the disadvantage, if used freely, of engendering constipation, biliousness, and the long train of minor symptoms which inevitably follow these conditions.

Warm drinks are preferable in moderate quantities. Field hands on cotton and sugar plantations find a wholesome drink in a mixture of molasses, ginger, and water. This is a safe drink for harvesters, as are many other temperate, household preparations. A recipe for many of these will be found in the proper department of this work.

Whatever we eat or whatever we drink, let it be only enough barely to appease the instincts of hunger and thirst. If we rigidly do this, we shall seldom or never be afflicted with dyspepsia, liver complaints, heart diseases, and the thousand ills to which flesh is heir, but will continue to enjoy unceasing rubicund health and vigorous old age.

CLOTHING.

Clothing must be adapted to the climate in which a person lives. Warm or heavy clothing is rendered imperative in a northern climate, while the lightest and thinnest can only be tolerated in the torrid zones. It is, however, a physiological fact that the more the whole surface of the body is exposed to the external air, within certain limits, the more vigorous is its functional action performed, and the better is it enabled to preserve its own proper temperature, as well as to resist all

unwholesome impressions from vicissitudes of weather, or the extremes of heat and cold. It should always be as light and loose as possible without bodily discomfort.

The substances principally employed for clothing, are linen, cotton, silk, wool, hair or down. Woolens or flannels being bad conductors of heat, afford the greatest immediate protection from cold; and for the same reason are less debilitating to the cutaneous function than is generally supposed. The most healthy clothing for a cold climate, especially the year round, is undoubtedly that made of wool. If worn next to the skin by all classes in summer and winter, an incalculable amount of coughs, colds, diarrhœas, dysenteries, and fevers, would be prevented, as also many sudden and premature deaths from croup, diptheria, and inflammations of the lungs and bladder. Of course, the clothing should be regulated in amount according to the degree of the heat of the weather at the time prevailing. In a very hot day, for instance, a single garment might be sufficient, but on a colder day an additional garment should be added, and in this way keep the equilibrium of the temperature of the body uniform as possible day by day, the year round. Winter maladies would be prevented by the ability of a woolen garment to keep the natural heat above the body, instead of conveying it away as fast as generated, as is done by linen, flaxen, cotton and silken garments. Indeed, the laboring classes, or those compelled to toil in the sun, would enjoy better health by wearing light woolen clothing, than by wearing linen or cotton fabrics. Among the Irish emigrants and others who arrive in the United States, during the summer season, we find many clothed entirely in woolen garments, frequently wearing heavy cloaks or coats, and actually feeling less discomfort from the heat than those of our native born citizens, who are in the habit of wearing linen or cotton next to their skin, and similar fabrics over these for outer clothing. It is more healthful to wear woolen next to the skin, especially in summer, for the reason that woolen textures absorb the moisture of perspiration so rapidly as to keep the

skin measurably dry all the time. It is curious to notice that the water is conveyed by a woolen garment from the surface of the body to the outer side of the garment, where the microscope shows it condensed in millions of pearly drops; while it is in the experience of all observant people, that if a linen shirt becomes damp by perspiration, it remains cold and clammy for a long time afterwards, and, unless removed at once, will certainly cause some bodily ailment, as palsy, rheumatism, etc. To sit down, or remain inactive with a linen or cotton shirt wet with perspiration, will speedily cause a chill to the whole body, leading not unfrequently to some sudden and fatal disease. In the night-sweats of consumption, especially, or of any debilitated condition of the system, a woolen or flannel night-dress, (light for warm weather,) is immeasurably more comfortable than cotton or linen, because it prevents that sepulchral dampness and chilliness of feeling which are otherwise inevitable. The British government make it imperative that every sailor in the navy shall wear flannel shirts in the hottest climates, a rule that should be adopted by all persons every where exposed to variable weather, to extreme heats and colds, merely regulating the amount of woolen garments worn to suit the variable temperatures of climates and seasons. In saying all this, however, we must remember that comfort is very much a matter of habit; and, therefore, we should make due discrimation between the natural sensation of health and the morbid sensitiveness produced by false customs. For instance, some keep their whole bodies constantly covered by many layers of woolen garments, and yet go into a shivering fit at every unusual breath of cold air. The reason is they never adapt their habiliments gradually to the degree of the heat or cold of the season. If it be deemed advisable to wear woolen clothing all the year round, whether summer or winter, it does not follow that we are to wear more than one or two extra folds of clothing in addition to the under garments. The true rule is not to cover all parts of the body equally with the same amount of clothing. The fleshy parts require the least clothing, and the limbs and feet, or less mus-

cular parts, the most. Yet we often wear, in addition to under clothing, a thick vest, coat, and overcoat; and to these will add heavy scarfs of fur or wool to the neck, etc., while the legs and feet are seldom clad in more than a single additional garment to the drawers and stockings. These parts require more clothing, especially in the winter season, than any other parts of the body. Furs are worn in the United States more for ornament than benefit. They are the warmest clothing materials known ; yet, are not adapted for general wear, inasmuch as they are apt to overheat the body, and thus render it keenly susceptible to colds and other afflictions. By consequence, fur neck cloths, caps, etc., are very pernicious for the head and throat, inducing catarrhs, quinsy sore throat, and similar afflictions. On the contrary, a light woolen waistcoat worn constantly over the breast, summer and winter, would guard against these and other evils, and insure vigorous strength to the lungs or respiratory apparatus, and thus should not be dispensed with even in dog-days. The simple rule is to keep the head cool and the feet warm at all seasons of the year. Cheap and pretty silks, of which there are many varieties, are materials which are admirable for ladies' evening, dinner, or walking dresses, and cost less in the end than other fabrics.

While I contend that woolen or flannel clothing is the most suitable for the colder or even the more temperate climates, it is not for me to object to the use of linen or cotton clothing for those living in the torrid or tropical climes. Indeed, cotton and linen would seem best adapted to such climes. In the north, many persons cannot wear flannel next to the skin, on account of inducing some peculiar cutaneous affection ; while others prefer such fabrics from choice, although exposed to all vicissitudes, never experiencing any evil effects from such a course. Such persons usually lead an active, out-door life, or are accustomed to exposing their bodies frequently, especially their chests, to atmospheric influences.

In a strictly hygienic regulation of dress, however, the color of the clothing is not to be disregarded. White color reflects

the rays of the sun ; black absorbs them. Light colored clothing is therefore more comfortable and sanitary in warm weather than dark colored, because the former repels the heat, while it is readily received and retained by the latter. The heat-reflecting or heat-retaining property of different fabrics varies exactly with their lighter or darker shades of color. This difference, however, is much greater in the luminous rays of light than in the non-luminous. When, therefore, we are not exposed to the sun, the subject of color is of very little importance. The absorbing power of dark surfaces renders the skins of dark colored animals, as well as the darker persons or races of the human family, less liable to be scorched or blistered by the direct rays of the sun than are those of a lighter color.

As to the cut or fashion of garments, that is a matter to be decided by the taste or habits of the wearer. Fashion, however, is very arbitrary, and seldom consults hygiene in matters of dress. Of late years she has really much improved, as to the regulation of attire with regard to both health and elegance. The hooped skirt, which, at the outset of its career was so mercilessly ridiculed, has proved to be a great blessing to the ladies, as it enables them to dispense with a heavy drag of solid skirts, and gives their lower limbs free and easy play and motion. The hats or head-coverings, now worn by both sexes, are, in a sanitary point of view, far superior to those worn by our immediate ancestors, being very light, and affording free ventilation, which is indispensable for the avoidance of headaches, rushing of blood to the head, and many other afflictions.

I can therefore only say that the first physiological rule for dress is to have all garments as light in texture and as loose in fashion, as is consistent with bodily comfort ; or such as will admit of the most perfect freedom in the exercise of every muscle in the body. Inequality of clothing, as before remarked, is a far more frequent cause of colds, than deficient clothing. For instance, if a person exposes a part of the body usually protected by clothing to a strong current of cold air, he will

take cold sooner than by an equal exposure of the whole body. A great safeguard against disease, is to regulate the texture and quantity of clothing according to the temperature of the climate in which a person lives, avoiding extreme colds or extreme heats; keeping the clothing always fresh and clean, (especially that of the feet,) and wearing a different garment at night from that worn during the day, not omitting the cleanliness of the whole body in the general hygiene of wearing apparel.

EXERCISE.

PHYSICAL AND MENTAL DEVELOPMENT.

Everything tends to prove that man was destined to lead a life of bodily action. His formation—his physical structure generally, and that of his joints particularly—his great capacity for speed and laborious exertion—the Divine injunction, that "he shall live by the sweat of his brow"—the bodily imbecility, and enfeebled health invariably consequent upon a sedentary habit—all go to prove that he was destined to lead a life of physical activity. Most people are apt to despise many of the aids to health, because of their very simplicity. A sensible Dervish, in the Eastern allegory, well aware of this weakness of human nature to despise simple things, and venerate those they do not understand, when called to the Sultan to cure him of a disease, did not dare to simply advise him to take exercise; but he said to him:—"Here is a ball which I have stuffed with certain rare and precious medicines. And here is a bat, the handle of which I have also stuffed with similar medicines. Your Highness must take this bat and with it beat about this ball, until you perspire very freely. You must do this every day." His Highness did so; and, in a short time, the exercise of playing at bat and ball with the Dervish cured the Sultan's malady. But it should be remembered that there are a great many cases where medicines must be given to assist nature,

besides the employment of exercise to facilitate the recovery of the patient.

Nevertheless, exercise is one of the chief aids of all others I must recommend to be adopted as eminently essential for the remedying of bad health and of preserving that which is already good. It is impossible for a healthy adult to be otherwise than active in body or mind, or both; while it may be asserted, with abundant reason, that laziness is actually a disease, dependant on some abnormal condition of the organism. A variety of social circumstances may operate to produce an indolent disposition of mind, and inactive habit of body, but these also produce a primary condition of ill-health.

The function of respiration, by which the blood is vitalized, and the nutrition of the muscular structure, on which depend all the motive power or strength of the system, are intimately connected with the circulation of the blood, and this with active exercise. Without this, there must be unhealthy accumulation somewhere; and as the larger arteries are not permanently dilatable, while the veins and capillary arteries are so, this accumulation or congestion must take place in the veins and capillary or hair-like arteries.

When the circulation is feeble from lack of bodily exercise, or other cause, the blood creeps sluggishly along the minute vessels composing the elementary tissue of the body; these veins and capillaries become gorged, which engorgement operates as a still farther impediment to the free flow of the blood. The blood, when not circulated with due energy through the ultimate tissues, becomes deteriorated in quality, and so, in turn, fails to supply that proper nutrition, upon which, according to its degree of purity, all the tissues and functions of the body depends. If the propelling power arising from breathing pure air, and using active bodily exercise is not sufficiently energetic, the circulation through the elementary tissue is so slow that the blood loses its healthful arterial hue before it has reached the extremities of the hair-like arteries; and thus that part of the tissue which ought to be filled with arterial blood is gorged

only with black venous blood, from which the proper secretion necessary to the nutrition of the body cannot be separated, either in due abundance, or of a healthy quality. Hence, if this state of congestion be permitted to exist, from lack of active exercise and consequent free respiration, so as to vitalize the blood, there must needs be a speedy wasting of flesh, and all the other phenomena of consumption or any other disease. The strength of the system is intimately connected with the circulation of the blood, as stimulated in its flow, by means of active bodily exercise and pure air.

This principle is well illustrated in the effects of gymnastics and training, by which the muscles of any part of the body are remarkably invigorated by regular systematic exercise. People of all trades and occupations find those parts of the muscular system which are habitually the most exercised to be the most powerful.

For healthful purposes all that is necessary, is, any way, to exercise all parts of the body to a degree of fatigue without exhaustion ; that is, to a degree which will insure an energetic circulation of the blood throughout the entire economy. All exercises, however, to secure their full benefit, should be coupled either with some object of utility or amusement, otherwise the mind is apt to labor adversely to the body.

When I say that exercise is what is wanted to restore to health the weak and languid, I mean that it is not so much exercise that is wanted, as the exhilarating effect which the enjoyment of exercise produces. A man who exercises half an hour unwillingly in his wood-shed is not benefited in the degree that one is who takes an hour's walk for pleasure through a beautiful country.

It is the enjoyment of exercise in which consists its chiefest excellence. It is the diversion of the mind from the ailments of the body. The invalid is by this drawn away from himself.

What can better accomplish this object than amusement? Laughter and lively talk may be said to be a species of exercise—mental exercise—which is very often as beneficial to an

invalid as physical exercise. Anything that will induce a fit of laughter, must have an influence in promoting an active circulation of blood, and, as we have seen, it is necessary to health that the blood should be duly ærated and flow with energy through the system. Whatever means may be employed to give rapid circulation to the blood must be conducive to health. I believe then, most fully in using all proper means of amusement which will cheer the invalid and thus be a mental stimulus or auxiliary to the preservation and restoration of health.

So, not only are amusements which afford exercise to the mental faculties useful, but occupation—some useful business pursuit, which requires and hence secures attention and labor during several hours of each day—is absolutely essential to the high sanitary condition of the body, for nothing else will insure so constant, regular, and equally divided exercise for *both* mind and body.

Walking, running, leaping, hopping, dancing, rowing boats, etc., are physiologically adapted to strengthen the whole muscular system. Even boxing and fencing are to be advised when properly regulated. Wrestling is a dangerous method of developing muscular power. Ten pins, billiards, etc., are excellent exercises, but useful employment is better. Singing, declaiming, reading, etc., are admirable methods of cultivating the vocal powers, and increasing the capacity of the respiratory apparatus. Riding on horseback, hunting, fishing, etc., are all more or less beneficial in the prevention of disease and promoting good health. Riding in easy carriages, sailing in boats, swinging, and other passive exercises, are all to be duly considered as remedial expedients for invalids.

Amid the many vicissitudes of fortune, and the moral crosses to which female life is doomed, I recommend healthful exercise of the body, in order that the material fabric may be fortified against the thousand causes of disease continually assailing the sex.

Woman comes earlier to maturity by several years than man. The tree of life blossoms and bears fruit sooner in the one sex

Comfry

Shrub Cinquefoil

Cleavers

than in the other. It also sooner withers and sheds its leaves —but does not sooner die. Female life, at any period is fully as good—perhaps a little better in respect to probable duration than that of the male. It is during the period of from fourteen to twenty-one years, that the seeds of female diseases are chiefly sown—or, at least, that the soil is specially prepared for their reception and growth. The predisposition to infirmities and disorders of various kinds is affected by acts of omission and commission. In the first class need I mention the deficiency of healthy exercise of the body in the open air, and of intellectual exercise in judicious studies. The hoop and the skip rope, even in city homes, might usefully supercede the piano, the harp and guitar, for one hour in the day, at least. In schools and seminaries there is no excuse—and, indeed, in many of them, this salutary point of hygiene is well attended to. In others, however, gymnastic exercises have been hastily thrown aside—partly, because some enthusiasts have carried them to excess—partly, because they were supposed to be inimical to the effeminacy of shape and features so much prized by parents and progeny—but chiefly, I suspect, from that languor and disinclination to exertion, which characterize the higher and even the middle classes of female youth. This deficiency of exercise in the open air, may be considered the parent of one half of female disorders. The pallid complexions, the languid movements, the torpid secretions, the flaccid muscles, and disordered functions, (including glandular swellings,) and consumption itself, attest the truth of this assertion.

The exercises of small children, consist in giving them the largest liberty and plenty of room. The cradle is a most pernicious method of exercising a child to sleep, and should be discarded from every family. For the ordinary or wakeful exercises of a child, the modern "baby jumper" will be found a preferable contrivance. Among the poorer classes, the children, for want of room to stir in, are apt to become sickly, puny, peevish, and often idiotic.

The best time for exercise is, in the morning, an hour or so

before breakfast, when the stomach is partially empty. If it should happen to be entirely empty, or nearly so, it should be fortified with a cracker or two, or some other light aliment. Vigorous evening exercises may also be employed by persons of sedentary habits with great advantage. "Night work," when mental or physical is at once a violation of the natural order of things.

Thus, if you would preserve your health, you must take exercise, but not exercise exceeding your strength Remember the body must be induced to throw off its waste by action before it can be nourished. Nevertheless, it should also be remembered, that exercises of extreme severity are never required in ordinary cases of health, while in disease it must be incompatible with the strength and circumstances which surround the patient. With plentiful bodily exercise you can scarcely be ill —without bodily exertion you cannot possibly be well. By "well," I mean the enjoyment of as much strength, as may be consistent with your natural physique.

Exercise should be taken to the extent of quickened breathing and sensible perspiration. If in health, walk, when possible, at least from one to two miles every morning before breakfast. The invalid should go out into the open air, and ramble to the degree of strength he may possess, avoiding fatigue.

Exercise gives health, vigor, and cheerfulness, sound sleep and a keen appetite. Indeed, the effects of sedentary thoughtfulness are diseases that embitter and shorten life—interrupt rest—give tasteless meals, perpetual languor and ceaseless anxiety.

Cheerful exercise, when at all practicable to be taken, whether active or passive, is absolutely an indispensable means to prevent or guard against disease, and to assist in the recuperative action of medicine when the body has become diseased.

REGULATING THE PASSIONS.

It has been truly said that we may religiously observe all the laws of hygiene in relation to air, light, drink, food, temperature, exercise, clothing, sleep, bathing, and the excretions, and yet lack one thing—one grand essential to human health and happiness. Yes, if our passions are our masters and not our slaves, they will rule and ruin us instead of obeying and serving our behests. There is, therefore, no single hygienic influence more conducive to health, happiness and long life, than a cheerful, equitable temper of mind; and there is nothing that will more surely disorder the bodily functions, exhaust the vital energies, and stamp premature infirmities on the constitution, and hurry us on to an early grave, than an uneven, irritable, fretful, or passionate mental habit.

Medical men, at least, well know that a violent fit of passion will suddenly arrest, alter, or modify the various organic secretions. Excessive mental emotion will deprave and vitiate the secretions as readily as a deadly poison taken into the stomach. A paroxysm of anger will render the bile as acid and irritating as a full dose of calomel; excessive fear will relax the bowels equal to a strong infusion of tobacco; intense grief will arrest the secretions of gastric juice as effectually as belladonna; and violent rage will make the saliva as poisonous as will a mercurial salivation. There are many persons whose rage, either thoroughly real or exaggerated, is so violent that they froth at the mouth, and are thrown into spasms or violent convulsions. These fits of anger are often assumed, however, by designing parties for the purpose of frightening stern parents and guardians and others, into the support of their own views and wishes. Such persons, finding their displays copied from nature, of no avail, will suddenly become tame as lambs, but the effect upon their general health is found in the appearance of many nervous disorganizations, which, if the cause be often repeated, become permanent.

Thousands of facts of the above kind could be mentioned, but enough has been presented to demonstrate the law, that a sound body cannot exist unless connected with a well-balanced mind. A vigorous exercise of the higher mental powers, a lively cultivation of the intellectual faculties, and the moral affections, will never fail to sustain and elevate the human character, while on the other hand the violent indulgence of the animal propensities and the lower order of the passions, will wear out the mental machinery and enervate all the physiological powers. Will not the inspiration of love exalt the soul to the realms of "bliss, exquisite bliss?" Will not the influence of hatred depress the soul, and sink it to the nethermost depth of misery and despair! Contrast the emotions of benevolence, or gratitude, or veneration, or conscientiousness, or mirthfulness, or faith, or hope, with that of envy, revenge, jealousy, fear, grief, remorse, or despair? The first are as refreshing to the soul as the gentle dews of morn to the tender blades of grass; the other as withering as the fiery blasts of a crater to the verdant vales. The one energises the mind and re-animates the body—the other sinks, chills, and enfeebles both; one manufactures, creates as it were, vital power—the other wastes and destroys body and soul.

Those who would maintain permanent and uniform health and live to an old age, will perceive the necessity for cultivating all the nobler impulses of our nature with unremitting care and judgment. When we "nourish wrath to keep it warm," we only add to the venom of a malicious heart. That anger which "dwells only in the bosom of fools," should have no inheritance in the bosom of the wise and thoughtful of our race. The "evils of life," whatever they may be, are often "blessings in disguise," and therefore should be met with a brave fortitude and courage, instead of wailing, complaining and lamentation. Fretting, scolding, and fault-finding, not only aggravate all the necessary evils of life, but greatly multiply them. When we indulge in these faults, we but sow the dragon's teeth to reap a harvest of greater sorrows. More than this, we dissipate

unwisely our best talents and energies, and render life a curse instead of a blessing. The grand essential, therefore, of a cheerful mind is self-control. This is the great law of mental hygiene. Before any one can acquire self-government, he must learn to govern the animal propensities, and make them subservient to the intellectual faculties and moral sentiments. It may require long, patient, and thorough discipline; it may cost much self-denial, and appear to demand great temporary sacrifices, but it is worth all it may cost. Occasionally it is acquired through long years of bitter experience; and sometimes the greater part of a life is spent in suffering disappointments, troubles, and crosses, ere the mind is found at peace with itself, and in right relations to all surrounding nature. Happy are they who can, even in such expensive schools, learn the art of adapting themselves to the invariable laws of the universe, which they cannot successfully oppose, or in any respect alter! Indeed, the only guarantee a man can have for a long life of health and happiness, is to constantly cherish and maintain an even, cheerful, and hopeful spirit.

LIFE, HEALTH AND DISEASE.

What is Life? In general terms life may be said to be a subtle emanation of Deity—a principle that pervades all the works of creation, whether organic or inorganic. It is a sort of Entity, whose nature is as mysterious and unfathomable as that of Divinity himself. Many scientific men have contended that life is *electricity*, and arguments and experiments have been adduced to show that such is the fact. For instance, a scientific body of France pulverized stone, and by the use of electricity produced from the atoms living insects. But this and similar experiments are accepted as evidence that electricity is not life, but is a leading phenomena of its actuality. Life is something neither physical nor spiritual. It is allied to both, but is neither. It is not soul, for soul is something infinitely

higher than life—a something of which life itself is but an inadequate, visible manifestation.

Health is perhaps a subtle thing, yet most importantly palpable to our senses and perceptions. It is that state of the human body in which the structure of all the parts is sound, and their functions regularly and actively performed, rendering the individual fit for all the duties and enjoyments of life. Or, in other words, it is that condition of the animal economy when the functions of all the organs, beginning with the heart and lungs, act in natural and harmonious relation, the one with the other, and the whole together, rendering existence not only a state of completeness, but a pleasure, a beauty, and a charm, and therefore the chiefest cause and leading feature of all from which the human being derives that phase of joy called bliss. In the various temperaments the phenomena of health are somewhat different; hence, what would at once preserve it in one, might not preserve it in or restore it to another, until some reasonable period of time had elapsed. Health varies much in people of the many occupations which necessity and circumstances compel them to adopt for a livelihood or for pleasure, and the acuteness of the senses which would be necessary in some recreative or productive occupations, would be morbid in persons otherwise engaged. But the general symptoms of health, are, in all temperaments, a sparkling eye, a clean skin, a white and rose-blended complexion, (unless where the temperament naturally prescribes a rich and glowing olive,) ruby lips, pearly teeth, untainted breath, glossy hair, expanded chest, elastic spine, muscular limbs, symmetrical waist, well built and firm pelvis, fleshy thighs and calves, and a buoyant grace of the whole body. Added to these we have a rich and melodious voice, (wherever the slightest hoarseness or discordance of tone is noticed look for danger,) and a calm and cultivated spirit in the old, a joyous spirit in the young. What munificent gifts are these, and who should fail, by every means in his power, to secure them? Disease is the opposite of health, and means any departure from the normal condition of the general organ-

ism, or any impairment or derangement of any function by which the regular action of any other one or of the whole, are made or forced to work in an irregular or unnatural manner—producing and entailing disorder, pain, misery, and death! We see disease in the lustreless and phrenzied eye, in the pallid and sunken cheeks, in the parched lips, in the jaundiced or yellow skin, in the contracted chest, in the difficult respiration, in the racking cough, in the expectoration of tubercles and sputa from the lungs, in the palpitating heart, in the scrofulous sores and ulcers, in the bloated or attenuated abdomen, in the disabled legs and arms, in decayed teeth and toothless jaws, in fetid breath, in crooked spine, in the deformed pelvis, in all derangements of the sexual organs, in baldness, in disordered stomach and bowels, in neuralgias, rheumatisms, leprosies, spasms, epilepsies, palsies, loss of the senses of sight, hearing, smelling, taste and touch, hypochondrias, manias, drunkenness, pains, aches, wounds, bruises, maimings, and in innumerable other agonies! With the simple methods by which health can be preserved by those who were born to health, how astonishing it is that disease and misery are the general rule, and health and pleasure the exception! Who of all the human race may now say, "I have health! I am actually living in a state of nature, or in that perfect mental and physical condition in which I was or ought to have been born." Not one is my reply. We may therefore regard life as a negative rather than a positive quality of existence. Occasionally there may be freedom from the slightest degree of actual suffering, and yet that pleasurable condition which would be natural to the regular co-operative work of all the organs of the body will be wanting.

In health, our moments fly on lightning wing, and we are scarcely conscious of their rapid exit; in sickness, on the contrary, our moments are clogged with leaden heels, and pass in that lingering manner as to render our sufferings seemingly the more acute by reason of the slow or tardy march of time. To

the sick, time does not pass lightly, but with the heavy tread of a giant.

How inestimable is that state of being comprehended under the name of health!—yet how few are ever led to consider its priceless value and importance. Health, perfect health, is not to be found in our present age, among the races of men; yet even in its negative aspect, its most deteriorated quality, what were all the joys, all the riches, all the advantages of this world without its possession? Unless all, from the highest to the lowest, from the king to the beggar, learn to prize health and avoid disease,—death, who is no respecter of persons, will continue to reap his rich harvests among them all. Cæsar could not escape, nor could the renown of a thousand victories, diffuse an anodynic or soporific influence over the pillow of the great Napoleon, nor save the laurels of Marengo from the blighting mists of St. Helena! Intellectual cultivation often times sows the seeds of physical deterioration. When we see that the prince is equally liable to the same physical and mental miseries as the vagrant, it becomes every body to bear in remembrance the axiom that a sound body is the natural basis of a sound mind, and *vice versa*, and that every rational method should be adopted to preserve them. I have shown briefly that there is no condition or state of man that is exempt from disease and death. It may now be asked, Are there no means of preventing the ravages of the one, and postponing the sad triumph of the other? No means of restoring lost health, or of rendering sickness compatible with contentment, or even happiness itself. Yes. The severest diseases are and may be prevented; and are curable and cured—even consumption itself when judicious treatment is applied. All right thinking persons will admit that sickness may be obviated, disease mitigated, and even death robbed of his prey for years, by approved remedies rightly employed.

SLEEP.

Sleep is as much a necessity to the existence of all animal organizations, as light, air, or any other element incident to their maintenance and healthful development. The constitutional relation of man to the changes of the seasons and the succession of days and nights, implies the necessity of sleep. Natural or functional sleep, is a complete cessation of the operations of the brain and sensatory nervous ganglia, and is, therefore, attended with entire unconsciousness. Thoroughly healthy people, it is believed, never dream. Dreaming implies imperfect rest—some disturbing cause, usually gastric irritation, exciting the brain to feeble and disordered functional action. Individuals of very studious habits, and those whose labors are disproportionately intellectual, require more sleep than those whose duties or pursuits require more manual and less mental exertion. The waste of nervous influence in the brain of literary or studious persons, requires a longer time to be repaired or supplied, than in those even who endure the largest amount of physical toil, without particular necessity for active thought while engaged in their daily manual pursuits. But no avocation or habit affects this question so much as the quality of the ingesta. Those who subsist principally upon a vegetable diet, it is said, require less sleep than those who subsist on both animal and vegetable food. It seems certain that herbivorous animals sleep less than the carnivorous; while the omniverae require more sleep than the herbivarae, and less than the carnivorae. Man, therefore partaking most of the omniverous, living on a mixed diet of animal and vegetable food, requires more sleep than the ox, the horse, or the sheep, but much less than the lion, the tiger, or the bear.

Physiologists are not well agreed respecting the natural duration of sleep. Indeed, no positive rule can be laid down on this subject; the statute of Nature, however, appears to read:—Retire soon after dark and arise with the first rays of

morning light ;—and this is equally applicable to all climates and all seasons, at least, in all parts of the globe proper for human habitations, for in the cold season, when the nights are longer, more sleep is required.

History shows that those who have lived the longest, were the longest sleepers, the average duration of sleep being about eight hours. The time of sleep of each individual, must depend on his temperament, manner of life, and dietetic habits. For instance, John Wesley, with an active nervous temperament, and a rigidly plain vegetable diet, and who performed an immense amount of mental and bodily labor, slept but four or five hours out of the twenty-four; while Daniel Webster, with a more powerful frame but less active organization, and living on a mixed diet, had a "talent for sleeping" eight or nine hours. Benjamin Franklin used to say that seven hours sleep was enough for any man, eight hours for a woman, and nine hours for a fool! Nevertheless, the invariable rule for all whose habits are correct is to retire early in the evening, and sleep as long as the slumber is quiet, be the time six, seven, eight, or nine hours. Those who indulge in late suppers, or eat heartily before retiring, are usually troubled with unpleasant dreams, nightmare, and are oftentimes found dead in the morning. Restless dozing in the morning is exceedingly debilitating to the constitution. Persons addicted to spirituous liquors and tobacco, in connection with high-seasoned food, are in danger of oversleeping even to the extent of very considerably increasing the stupidity and imbecility of mind, and indolence and debility of body naturally and necessarily consequent upon those habits. Sleeping in the day-time, or after meals is not a natural law of the physiology of man. No one requires to sleep after a meal unless he has eaten more food than his system required. Sleep may be indulged in during the day, when sufficient sleep is not had at night ; but this sleeplessness need at night seldom occur, were our habits made conformable to the general hygienic requirements of Nature. Children may sleep all they are inclined to. The position of the body is of some importance. It should be

perfectly flat or horizontal with the head, a little varied by a small pillow. Sleeping with the head elevated by two or three pillows or bolsters is certainly a bad habit. The neck is bent, the chest is compressed, and the body unnaturally crooked. Children are made round-shouldered from their heads being placed on high pillows. The beds should be made of straw, corn-husks, hair, various palms and grasses; never of feathers, which can only be mentioned in reprehension. The bed clothing should always be kept scrupulously clean, and adapted to the season of the year, while the bed-rooms should always be sufficiently large and airy as best conducive to sound sleep and general vigorous health.

BATHING.

Were all to follow the natural laws of their organization, in respect to eating, drinking, clothing, exercise and temperature, an occasional bath or washing would be sufficient; but as the laws of life and health are transgressed in a thousand ways, the sum total of all the unphysiological habits of civilized life is a condition of body characterized by deficient external circulation, capillary obstruction, and internal congestion or engorgment. To counteract this morbid condition of the system, bathing of the whole body, on regular occasions, cannot, or should not be omitted. For hygienic purposes, the particular process is merely a matter of convenience. You may bathe in a river if you like, or may employ the shower-bath; but these modes are no more beneficial than the towel or sponge bath. After the ablution, in whatever manner performed, care should be taken to thoroughly rub the body with a crash towel. The best time for such purification of the body is on rising from bed in the morning. The temperature of the water should be adapted to suit different circumstances of constitutional health and disease. Cold or cool baths are best for those in robust health, but those who are deficient in blood, or have a low vitality, should use tepid water. Extremely feeble persons should com-

mence with warm water, and gradually reduce the temperature as reaction improves. Sponging the body with spirits or vinegar, may prove highly beneficial in many cases of debility, where water would be injurious. Excessive bathing tends to make the skin harsh and scaly by diluting the secretions of the sebaceous glands, the oil of which is intended to be regularly and naturally poured out to the surface of the skin in order to keep it smooth, glossy, and soft. Bathe as often as may be necessary to keep the skin clean, and you will then have fulfilled the requirements of hygienic bathing.

AIR AND SUNSHINE.

As AIR may be said to be the very pabulum of life, it is highly essential that it should be pure—inasmuch as any deterioration of it never fails to render the blood impure, and thus ultimately to affect both mind and body.

Air covers the entire globe, pressing alike upon land and water, having a depth of about forty-five miles. This vast ocean of air we call an atmosphere, from two Greek words, signifying vapor and space—it being an immense fluid sphere or globe. This atmosphere presses upon man and upon every object on the surface of the earth, with a force equal to fifteen pounds to every square inch. A man of average size has a surface of two thousand five hundred square inches; accordingly the air in which he lives presses upon him with a weight of eighteen tons. This would of course crush every bone in his body, but for the fluids within him, which establish an equilibrium, and leave him unoppressed.

Pure air contains seventy-nine parts of nitrogen and twenty-one parts of oxygen. If we add a single part more of oxygen to the air, it would no longer be atmospheric air, but *aqua fortis*, an element capable of destroying every thing coming beneath its terrible power.

The quantity of air consumed by a man of average size at each inspiration, is from fifteen to forty cubic inches, according

to the capacity of the lungs. Thus, in about an hour, a person consumes about six thousand and sixty-six pints, or two hogsheads of air. This air meets in the lungs in one hour, about one half of that amount of blood, or twenty-four in twenty four hours. In other words, the quantity of blood which circulates through the system, is estimated to be about one-eighth of the weight of the body. So that a man weighing one hundred and fifty pounds will have in his circulation about eighteen and three-quarter pounds of blood. The whole of this large quantity of blood has been proved, by careful experiment, to circulate through the blood vessels in the almost incredible brief period of sixty-five and seventy-six one-hundreths seconds of time, and that is very little over one minute! This indeed seems wonderful, when we consider the vast extent of vessels it has to travel through; the arteries, the veins, and the minute capillaries through which it must be urged with no little force.

The physiology of the respiratory functions explains the relation of an abundant supply of air to the maintenance of health and the attainment of longevity. Fresh air in the lungs is so immediately essential to life, that most animals in less than one minute, when deprived of it, suffocate, become unconscious, and appear to be dead,—real death occurring in a few minutes, if air is not supplied.

There are at least three objects to be accomplished by breathing, namely: the renewal of the blood and the taking of impurities out of it; the warming of the body; and the finishing up of the process of digestion, and the change of chyle into nutritive blood. That carbonic acid and water are borne out of the lungs with every breath, may be easily proved. If we breathe into lime-water, it will become white. This is owing to the carbonic acid in the breath uniting with the lime, and producing carbonate of lime. Then if we breathe upon a piece of glass, it becomes wet, showing that there is watery vapor in the breath. That the blood receives oxygen from the air we breathe, is proved by the fact that the in-going breath has one-fourth more oxygen in it than the out-going.

The lungs then take out of all the air we breathe one-fourth of its oxygen. If we breathe it over a second, a third, or a fourth time, it not only has less oxygen each time, and is less useful for the purposes of respiration, but it becomes positively more hurtful by reason of the poisonous carbonic acid, which, at every out-going breath, it carries with it from the lungs.

Equal in importance with the quantity of air we breathe, is its purity. The supply of air for an ordinary man to breathe each minute, is from seven to ten cubic feet. Now, suppose a hundred persons to be confined in a room thirty feet in length, breadth, and height, the room containing nearly thirty thousand cubic feet, it follows that the whole air of the room would be rendered unfit for respiration on account of the vast volume of carbonic acid thrown out of the lungs and skin of the one hundred persons thus crowded together. This proves the importance of always having an abundant supply of pure atmospheric air always kept in circulation in crowded assemblies, churches, school-rooms, theatres, factories, workshops and dwellings.

Consider the effect of sleeping in a small room, seven feet by nine, not furnished with the means of ventilation. If a person sleeps eight hours in such a room, he will spoil during the time one thousand nine hundred and twenty cubic feet of air, rendering the air of the room positively dangerous to breathe. Every disease is aggravated by the breathing of bad air! Yet it is common to close all the doors and windows where sick persons are confined, lest the patients should take cold. This is a bad practice. The sick should have plenty of fresh air. Their comfort is promoted by it, and their recovery hastened. It is utterly impossible for the lungs to be expanded in an impure atmosphere, because the air-passages irritated by the extraneous particles spasmodically contract to keep them out. The consequence of this is, those persons who reside permanently in an atmosphere charged with foreign ingredients or miasms, find their lungs continually contracting.

All sedentary habits weaken the abdominal muscles, and

thereby lessen the activity of the breathing process. Intense mental application, if long continued, powerfully diminishes the respiratory functions. Persons habitually in deep thought with the brain laboring at its utmost capacity, do not breathe deep and free, and are consequently short lived. All crooked or constrained bodily positions affect respiration injuriously. Reading, writing, sitting, standing, speaking, or laboring, with the trunk of the body bent forward, is extremely hurtful. In all mechanical or manual labor, the body should be bent or lean on the hip joints. The trunk should always be kept straight. Dispense with bed curtains, if you can. In sleep the head should never be raised very high, as that position oppresses the lungs; nor should the sleeper incline toward the face, with the shoulders thrown forward.

Grates and fire-places secure much better ventilation than stoves. No stove, especially furnaces, should be used without the means of the free admission of external air into the room. Lamps, candles, gasburners, etc, are so many methods of consuming oxygen and rendering the air irrespirable. Smoking lamps are a very common source of vitiated air. The bad air of steamboats, railroad cars, stages, omnibuses, etc., are a source of constant suffering to many. I may here remark that the general misapprehension of the theory of catching cold, frequently produces the evil sought to be avoided. More colds are taken in overheated than in too cold places, and still more are owing to vitiated or foul air. In sleeping and other apartments, where thorough ventilation is impossible, the air may be rapidly changed and materially freshened, by opening all the doors and windows, and then swinging one door violently forward and backward. The rules of ventilation apply to all rooms and apartments alike, whether in dwelling houses or travelling vehicles. There is no necessity for breathing air which has lost a part of its oxygen and acquired a portion of carbonic acid. The supply of good air is ample.

In connection with a full supply of atmospheric air to every human being, the importance of plenty of sunshine is not to be

overlooked. Pure air for the lungs and bright sunlight for the eyes, is a physiological maxim which should never be forgotten. The nutritive process is materially checked in all vegetable and animal life, when deprived of light for a considerable time. In the case of vegetables, they become etiolated or blanched. Almost the entire population of our large cities who occupy back rooms and rear-buildings where the sun never shines, and cellars and vaults below the level of the ground, on the shaded side of narrow streets, is more or less diseased. Of those who do not die of acute diseases a majority exhibit unmistakable marks of imperfect development and deficient vitality. During the prevalence of epidemics, as the cholera, the shaded side of a narrow street invariably exhibits the greatest ratio of fatal cases. A certain amount of shade is essential to comfort, but when it reaches the point of excluding sunshine to a large degree, it becomes a positive evil. Let us always welcome the visits of the healthful air and glowing sunshine, and look out continually for the essential conditions of vigor and cheerfulness.

OLD AGE OR LONGEVITY.

The true philosophy of life is to live and enjoy—to use and not abuse the essentials to human longevity and happiness. As we read in Holy Writ, in the earlier history of man, when the air was free from infection, the soil exempt from pollution, and man's food was plain and natural, individuals lived, on the average, four or five hundred years; the maximum point of longevity recorded—that, in the case of Methuselah—being nine hundred and sixty-nine years. Without speculating upon the problem whether the years of the early historians included the same period of time as the years of our present almanac, it is sufficient for all practical purposes to know the general law, that human lives may be lengthened to one or two hundred years, or dwindled to the "shortest span," by our voluntary or individual habits. If it can be proved that any one man has

lived one hundred, two hundred, or even three hundred years, under favorable hygienic circumstances, it will be sufficient evidence of a physiological principle that most men may attain to similar extreme longevity, by a mere simple obedience to the natural laws of his being.

The examples of extreme longevity are too numerous to be detailed even in a book of many pages, but a few examples may be cited on this point. Haller, the celebrated English physician, during his time, collected more than one thousand cases of persons in Europe, who attained the ages from one hundred to one hundred and seventy years. In Baker's "Curse of England," we find a list of one hundred individuals whose ages ranged from ninety-five to three hundred and seventy! Twenty-two of these reached the age of one hundred and fifty and upwards, and thirty exceeded one hundred and twenty years. Modern statistics exhibit numerous examples of persons in the United States and all parts of the world, attaining more than one hundred years. Indeed, it was common to the American Indians, previous to the introduction of "fire-water" among them, to live to one hundred years of age; although, as a general rule, the duration of life among the savage races is much shorter than among the civilized and cultivated people of the globe.

In our present artificial state of society, it is not probable that one in a thousand persons dies a natural death. Alas! disease and violence, sweep, with few exceptions, the entire human family to an untimely grave. Even the celebrated Richard Parr, who died at one hundred and fifty-two years of age, came to an unnatural death by eating too heartily at a feast given in his honor by an English king; while Richard Lloyd, who was in full health and vigor at one hundred and thirty-two years, died soon after from being persuaded to eat flesh meat and drink malt liquor, to which he had never been accustomed in all his life before.

On physiological principles, natural death results from a gradual consolidation of the structures of the body. In infancy

the fluids are in much larger proportion than the solids, but as we grow older the fluids decrease and the solids increase—thus gradually changing the flexibility and elasticity of youth to the stiffness and immobility of age. Thus in a perfectly normal condition of the organism, all the functions, powers and senses decline in the same harmonious relations in which they were developed. As the process of condensation goes on equally and imperceptibly, the motive-powers grow torpid, the nutritive functions are enfeebled, the sensibility becomes dull, the external senses are obtunded, and lastly, the mental manifestations disappear—death occurs without a struggle or a groan.

Certain political and social economists have attempted to prove that old age and a vast population are not desirable things, on the ground that, while population increases geometrically, the alimentary productions of the earth only increase arithmetically; hence, that some scheme of death or destruction is requisite or indispensable to kill off, or clear the ground of existing human beings as fast as the coming generations demand their places. In other words, that it is necessary that disease, violence, pestilence, murder, wars, and death should prevail, because of the earth's incapacity to produce sufficient food for the whole race of human beings, were all permitted to live out their natural lives, and die a natural death. A small amount of rational investigation will show the fallacies of all such theories. Indeed, under existing governments and social arrangements, more than three-fourths of all the lands and all the labor, so far as the production of the means of human sustenance is concerned, is literally wasted, or worse than wasted; while a large extent of the earth's surface has never yet been brought under cultivation, and that part which is cultivated the best admits of vast improvement.

Casting all speculation aside, it will not be denied that this earth was made the residence of man, and that God expressly enjoined upon him to be fruitful, and to occupy and replenish

the earth, giving him at the same time dominion over all the vegetable and animal kingdoms, as a means for subsistence and happiness, while progressing through the gradual stages of his natural or terrestrial existence. Hence, the creator did not bring man into existence, without first furnishing him with the means of an abundant supply of all the elements requisite for a long life of health and joy. Man, however, has grossly violated the laws of nature, and blundered on in his perversity, till life has actually become a grievous burden, and extreme old age a great and moral curse instead of a divine and special blessing.

Were it necessary, a thousand reasons might be given for believing that the earth now has, and always will have, room and food enough for all the population that can be produced by human beings who live agreeably to the laws of their natural organism. Indeed, it is a philosophical maxim that "intensive life cannot be extensive." The races of man have now a hurried, stimulated, forced and disorderly existence, marrying at too early an age, bringing myriads of children into the world, "scarce half made up," only to perish by thousands in the earliest infancy, or to drawl out a miserable and unhealthy existence, if their lives are prolonged to manhood's estate, and sink at last, even then, into premature graves, from continued and perverse abuses of the hygienic and dietetic rules of life.

As already said, if the body developes itself slowly and healthfully, (as it always will in its natural state) it is only reasonable to suppose that the periods of infancy, childhood, and adolescence or maturity would be greatly prolonged, by the more simple conformity to the original laws of our being; the period of youth might and would be extended to what we now call "old age," say "three score and ten," and "three score and ten" would be but the beginning of vigorous manhood to be indefinitely prolonged, reaching on to a hundred, or even two hundred years!

The special means to insure sound health and a long life, are to avoid all errors in diet and personal habits. As the fluids

and solids of the human organism are formed from the materials taken into the stomach as food and drink, it follows that we all ought to abstain more than we do, from concentrated materials of aliment, and live more on fruits and vegetable substances, and fret ourselves less with the cares of the world; so all individuals would be able to maintain the juices of the body, and reduce, in a large degree, the solid elements which induce rigidity of muscles, thickening of membrane, contraction of organs, all leading to disease, premature debility, old age, and death.

Let us all then strive to return to the elementary principles of organic or human life. Let our diet be plain, simple and of a juicy nature. Let us refrain from excesses of all kinds, whether connected with our mental or physical powers, and thereby secure a long lease on life, attended with a thousand blessings, unknown to those who lead "fast lives," eat and drink immoderately, and indulge in the various forms of intemperate or luxurious habits. It is never too late to commence a reform in all these things. The oldest person now living might prolong his life to an indefinate period, by avoiding the errors named, and submitting himself to the prior-ordeal mandates of nature. To assist nature in her work of regeneration and recuperation of the human organism, my "Renovating Pills" will be found of most wonderful efficacy, in connection with the hygienic and dietetic requirements already indicated. They will thus prolong the period of youth to vigorous manhood, and vigorous manhood to the extremest limit of life ever yet vouchsafed to the human being. The already "old and feeble" so called, may be sure of having their lives greatly prolonged, and finally, in the inevitable ordinances of Heaven, or the laws of gradual progress and decay, passing away with cheerful resignation and peace to that mysterious bourne from which no mortal traveler ever has returned.

PROPRIETARY REMEDIES.

MANY persons have a strong prejudice against proprietary remedies. That this prejudice is entirely unwarrantable no individual who possesses a knowledge of the facts will deny; but the majority of the people who entertain this prejudice have imbibed it without thought, and continue to hold fast to it as a matter of fashion. Indeed, the old clamor against proprietary remedies, and which still exists in a moderated degree, was and is attributable to a lack of proper inquiry. As regards the application of the title of "patent medicines" to all such remedies, I can but say that I do not know exactly how it originated; but I *do* know that such a thing as a *patent medicine* was never placed before the public of this or any other country by issue of a patent right. The remedies which are so spoken of, are properly called proprietary remedies, and are protected by trade marks which it is forgery to imitate. The origin of the unjust and untenable prejudice against such medicines or remedies is very clear. For hundreds of years medical practice was shrouded in mystery, and the professors of surgery and physic had so long kept the secrets of their sciences hidden from the world, that they honestly considered any infraction of the rules of conduct by which they had bound themselves in council, to be governed, to be heresy and humbug of the rankest description.

Hence, when a few of these public benefactors, who had discovered, by hard study and benevolent experiment, certain specifics for many of the severest maladies which afflict the human race, put their discoveries up in bottles and boxes, and labelled them, and gained a demand for them by the powerful aid of the press and at a very moderate cost to the purchaser, the whole faculty became excited and at once set to work to alarm the people and save their former fees. If (in an obstinate and dangerous case,) for a few dollars a cure could be effected,

and the very costly attendance, for months, of a visiting physician could be dispensed with, what was to become of those who adhered to the old style of doing things? They would be ruined, they argued, and as self preservation is the first law of nature, they raised the cry of quackery. It was taken up and faithfully circulated by both the ignorant and the intelligent, and, in many communities it still forms a *traditionary* prejudice. Notwithstanding all this, the great economy, and physical benefit of truly good proprietary remedies have been making headway for nearly half a century; and the time is not far distant when it will not be considered, by any body of either high or low degree, unprofessional for a regular physician to bottle, box, and label his remedies, and sell them, (as other goods are sold) to all sufferers who have good reason to believe in their efficacy.

All the proprietary remedies which hold an unimpeachable position before the country, are the results of the studies, labors and experiments of rare skill and ability It certainly matters nothing, then, whether I write my prescription, (a list of ingredients) in a sick chamber and send it to a druggist to be bottled, or boxed, and labled, or, selecting the purest and best materials, I make it up with the greatest of care, and bottle or box it myself. Indeed, the patient is protected by the latter course, for if I do not perform through my remedies, all that I promise, my reputation is injured, my honor is impugned, and I suffer pecuniarily, for no medicine which does not possess undoubted merit can maintain its stand for any reasonable length of time, and consequently cannot yield its proprietor even a medium living. Therefore, if my preparations are worthless, they will be short-lived, and my p actice, or business, will become a nonentity. If, on the other hand, they are what I claim that they are, they will become favorably known everywhere, and no prejudice in the world can materially retard their progress, or impede or impair their usefulness. Many preparations, or so-called remedies, both worthless and pernicious, have been placed before the people with great flourishes of

rhetoric and argument, and have "died and made no sign;" but this would never have occurred had it not been for the customary declaration of those who were not experienced in matters truly and honorably medical, that anything, however useless, in the shape of a specific or proprietary medicine, would, if well—or as the cant phrase is, "splendidly,"—advertised make its proprietors a fortune. That talk was a fatal mistake for many unprofessional capitalists. Very large sums of money have been lost by those who engaged in what was conventionally termed "the patent medicine business," under this mistaken and ridiculous estimate of public wisdom, confidence, and credulity.

To come to another point. There are hundreds of sick individuals of both sexes who listen to the silly talk of the prejudiced; and make up their minds, to grant without reflection, that such talk is true. For instance, one man acknowledges that the "Magic Assimilant" cured his neighbor of fits, and that *he* is also subject to fits, but never tried the remedy. Upon being asked why he does not adopt the means and method of cure that restored his neighbor to life and happiness, he gives it as his opinion, that what would cure his neighbor would do him no good whatever. Somebody told him so, and he takes it for granted. This has been one of the arguments against proprietary remedies. Its folly is, I think, too apparent to require any refutation; but, I will say, by way thereof, that if a preparation purifies one individual's blood, it will purify the blood of any body else who uses it. A stimulant is a stimulant, a diuretic is a diuretic, and a tonic is a tonic, no matter who may use either. Would it be sensible for anybody to say, that although water had drowned his friend, or that gunpowder had blown up an acquaintance, that neither water nor gunpowder would have any effect upon him? The same rule of argument would be as reasonable in the one case as in the other.

I think that common sense teaches us very plainly that a proprietary remedy *will not be sustained* by general or particular patronage unless it is POSITIVELY GOOD! My readers may ask

how they are to know that the "ACACIAN BALSAM," "RENOVATING PILLS," "MAGIC ASSIMILANT," and "ETHERIAL OINTMENT" are all that I claim them to be. (See pages 279, 285, 294, and 297.) I answer: first, they have been before the people of Europe and America twelve years, and that the demand for them, (without "splendid" advertising,) is greater now than ever, and continually increasing; next, that the most conclusive and flattering testimonials from nearly every part of both Hemispheres are in my possession, and that it would require a book larger than this to contain the one tenth of them. I have, consequently, for the better information of the general reader, selected a few of those which, I trust, may be carefully considered for the sake of suffering humanity. They were sent to me, without solicitation, by persons who may, at this present writing be readily communicated with. Some are in the form of sworn affidavits, bearing county seals and other official endorsements of their complete truth.

By request of the United States government, a proprietary stamp is affixed to every bottle, box, or pot upon which my name appears.

TESTIMONIALS.

CURE OF CONSUMPTION.

BOSTON, MASS., FEB. 13, 1865.

DR. O. PHELPS BROWN:—

SIR.—The very first case of Consumption in which I tried your "Acacian Balsam," was one which I considered HOPELESS *under any course of treatment!* In four weeks the patient, a lady, was, as I may say, cured, having been entirely relieved of a severe sore throat, and of a racking cough and regular hectic fever. She now eats and sleeps well, and does the housework for a family of four or five persons. I have no doubt of her entire recovery.

DR. J. LEITCH.

Coltsfoot

Cowslip

Crowfoot

DYSPEPSIA CONQUERED.

GRAFTON, N. H., SEPT. 18, 1865.

DR. O. PHELPS BROWN :—

SIR.—I am progressing rapidly in health and strength, after taking one bottle of your "Magic Assimilant." I am now able to do light work, while before I was scarcely able to leave the house. Its effects have been truly *magical*. Send me another bottle.

ALMIRA B. HASKINS.

ANOTHER SEVERE CASE OF FITS CURED.

BETHANY, HARRISON COUNTY, MO., JULY 3, 1865.

DR. O. PHELPS BROWN :—

SIR—In the year 1857, I was attacked with epilepsy or fits, from that time until 1864, I had them constantly every week, sometimes two or more a week; they affected my mind so that I could scarcely recollect any thing for more than a few minutes; my general health suffered very much, so that life almost became a burden. About the first of June, 1864, I accidently came across one of your pamphlets; a man gave it to me in Gentry county, and asked me thirty dollars a bottle for the medicine. I procured your address and got a friend to send for three bottles of your medicine, since which time I have been taking it constantly, and I am restored to perfect health. I have not had a fit or any thing like one since I commenced the use of your medicine. I have consulted several of the best physicians in the State, among the rest, Dr. McDowell, of the St Louis medical school, and all of them told me that my case was incurable. Feeling so grateful to you for the relief your medicines have given me, I send you this in the hope that it may be an advantage to others similarly affected.

Respectfully,

JOHN P. DEVERS.

STATE OF MISSOURI, } ss
COUNTY OF HARRISON, }

On the 3d day of July, A. D. 1865, personally appeared before me, clerk of the Circuit, John P. Devers, who is personally known to me to be the person who subscribed to the following affidavit, and he was by me sworn to the truth thereof.

In testimony whereof, I have set my hand and affixed my official seal at office in Bethany, the day and year aforesaid.

JOHN W. BROWN, *Clerk.*

STILL ANOTHER.

BELVIDERE, ILL, JULY 18, 1865.

DR. O. PHELPS BROWN :—

SIR.—I have cured with your "Magic Assimilant," a boy who has had fits for a number of years. Before taking your medicine he had them frequently, but has not had a fit since commencing it, which was several years ago.

A. MOSS.

COSTIVENESS AND SEVERE PAINS.

HERMANN, RIPLEY CO., IND., AUG. 21, 1865.

DR. O. PHELPS BROWN :—

DEAR SIR.—Gratitude prompts me to address a few lines to you in praise of your most valuable medicine. It has helped me more than any medicine I have ever taken ; your pills never had an equal ; they are the best regulator that I ever have taken ; one pill a month is sufficient—sometimes one in two months ; I have taken pills so for a number of years, and never have found any pills to do me half so much good as yours. I am entirely out at present, on account of the family's using them too. Your Ointment never had an equal. Your medicines are doing wonders wherever I have heard from them.

ELIZA M. FERREN.

FITS OF TEN YEARS STANDING.

BETHANY, HARRISON CO., MO., JULY 3, 1865.

DR. O. PHELPS BROWN :—

SIR.—My daughter, eighteen years old, has had fits for ten years, until some time in July, 1864, when I got some of your "Assimilant." Since which time she has never had a fit of epilepsy. Before using your medicine she had severe fits every month regularly.

JAMES H. MILES.

This is to certify that I am well acquainted with J. H. Miles,

that he signed the above in my presence, and that he is a man of truth and veracity.

W. BLANKINSHOSS,
Justice of the Peace.

THE FOUR REMEDIES.

BUTLER, BUTLER CO., PA., SEPT. 15, 1865.

DR. O. PHELPS BROWN :—

DEAR SIR.—I have been troubled with a cough and weakness in my back for over two years, and often have a severe pain in my head and between my shoulders. I am also troubled with night sweats and chilliness through the day. The medicine I have been taking has been of very little benefit to me, until I got yours by the advice of a friend. Please send two bottles of your "Acacian Balsam," and likewise a pot of "Etherial Ointment," and a box of "Renovating Pills."

MRS. ELEANOR M. HUTCHISON.

Added to this is the following :—

DEAR DR.—Will you please favor me with another bottle of your "Magic Assimilant." I used one bottle, and I think I am perfectly cured of dyspepsia ; but thinking it might come back, I thought it would not be amiss to have a bottle in the house. I also wish a box of your "Renovating Pills." You will please send the medicines all in my name.

JOHN HUTCHISON.

CONFIRMED CONSUMPTION CURED.

BRYANTSBURGH, INDIANA, JULY 2, 1865.

DR. O. PHELPS BROWN :—

SIR.—Before I got your "Acacian Balsam," I was so far gone that my voice had failed entirely, my muscular system had, as I may say, "disappeared," and I had for three months been unable to leave my room. During that time I had sinking spells, which made it seem that life had gone. I also, on some occasions, coughed up matter that looked as if it was mixed with brick-dust, and at other times ejected black blood and matter of the most alarming appearance. Although I have been out of the "Acacian Balsam" for two weeks, yet that which I have taken has so far restored me that I am able

to do much work on my farm. I believe your medicines surpass all the wonders of the present age. Send me some more at once.

THOMPSON RABURN.

FITS AND DYSPEPSIA.

ROLLA, MISSOURI, SEPT. 4, 1865.

DR. O. PHELPS BROWN :—

SIR.—I am happy to inform you that I have seen *many* cures accomplished by your "Renovating Pills" and "Magic Assimilant," in cases which had baffled the skill of our most eminent physicians, and I take pleasure in recommending them to the afflicted public. I think when the virtues of your valuable remedies become better known, you will have a large call for them in this place and state.

JAMES A. GREEN, Agent.

WONDERFUL CURE OF CROUP.

RUTLAND, VERMONT, MAY 23, 1865

DR. O. PHELPS BROWN :—

SIR.—I have used your "Etherial Ointment" for the croup, and find it surpasses any thing we ever bought before. I have also used your "Renovating Pills" and "Acacian Balsam" with good effect.

M. A. MEAD.

INFANTILE SPASMS.

DAVIDSVILLE, PA., JULY 15, 1865.

DR. O. PHELPS BROWN :—

DEAR SIR.—The sister of one of our firm procured one bottle of your "Magic Assimilant" for her child when it had hard and continuous spasms, and she only gave one half and it has never had one since. Send some of your "Balsam."

PARR & SAWYER.

DYSPEPSIA RELEIVED.

RIDOTT, JULY 7, 1865.

DR. O. PHELPS BROWN :—

SIR.—I received three bottles of your "Vervain Ma-

gic Assimilant" and commenced using it, and I have now used up the last bottle, and I am so much healthier now than I was when I commenced using your medicine that I have concluded to send and get three bottles more. I was so affected with sour stomach and spitting up of food after eating, that it caused a disease in my throat which was very severe at times; my nerves are much stronger and I am able to work considerable.

D. T. McKIBBEN.

RIDOTT, STEPHENSON CO, ILLINOIS.

DISEASE OF THE WOMB.

ST. LOUIS CO., MISSOURI, JUNE 23, 1865.

DR. O. PHELPS BROWN :—

SIR.—Mrs. Burgess, after consulting everybody of medical note in the city of St. Louis, has been cured of disease of the womb of long standing, by the use of your "Etherial Ointment." May God bless you in all your endeavors to do good.

J. B. COLEMAN.

IRREGULARITY OF THE BOWELS.

ELKADER, DAYTON, IOWA, MARCH 16, 1865.

DR. O. PHELPS BROWN :—

SIR.—I have received so much benefit from the one box of your pills that I am convinced that they will do all, and even more than they are recommended to do.

Yours respectfully.

JOSIAH ADAMS.

MAGIC ASSIMILANT MADE FROM RECIPE.

ROCKFORD, INDIANA, FEB. 1, 1864.

DR. O. PHELPS BROWN :—

Sir :—I procured the herbs prescribed in your treatise for the "Magic Assimilant" and made some for my little daughter. She had not taken it a fortnight before her general health was better than it had been for six months before, *and she is cured of fits.* I am also cured of Dyspepsia by the same means. I have found that I cannot afford to make your medicines in small quantities as cheap as you sell them. You will therefore

send me three bottles of "Assimilant" six bottles of "Acacian Balsam," twelve boxes of your "Renovating Pills," and twelve pots of your "Etherial Ointment," all of which I intend to use among my afflicted neighbors.

G. W. SWEENEY.

DROPSY BANISHED.

ALBANY, N. Y. MARCH 16, 1865

DR. O. PHELPS BROWN :—

SIR.—You will remember that I wrote you about three months ago an account of my case of general dropsy. I had suffered for five years with this complaint, had been tapped twice, and had swallowed more than fifty different prescriptions and preparations to no purpose, when I was advised to apply to you! I did, having great faith in herbal preparations, and the result of the preparations you made is a complete cure. How can I ever thank you sufficiently, etc., etc.

GEORGE WHITE.

REMARKS.—This patient sent me a full description of his case, which answered my purpose as well as if I had seen him. My course was to banish the cause of the disease, which was chiefly defective and sluggish circulation of blood, get rid of the accumulated water, prevent a recurrence of the cause, and build up and restore the exhausted system to a natural condition of strength and elasticity. For this purpose I made, as the case was a most peculiar one, a preparation of rheumatism root, (pages 133 and 134), large flowering spurge, (pages 93 and 94), figwort, (page 76), and robins' rye, (pages 135 and 136), together with two very rare foreign plants, and sent this, with the "Renovating Pills," and the "Acacian Balsam" with proper instructions as to using. The first preparation took hold of the cause and the main effect at once, where all the ordinary prescriptions had failed; the "Pills" were used constantly to keep the bowels in a condition of great regularity, and of necessary freedom of action, and the "Balsam" was given to soothe and allay inflammation, (which had commenced) and give strength and renewed flesh.

PECULIAR CASE OF CONSUMPTION.

PHILADELPHIA, JULY 4, 1865.

DR. O. PHELPS BROWN :—

SIR —Thanks to you I have enjoyed the national celebration for the first time in four years, and gratitude impels me to acknowledge in this way the great and incalculable benefits I have received from your treatment. I am really now stronger and in better health and spirits than ever I was. Indeed I know I am *well*. Who would have thought five months ago that I would have lived to see this day, and have been able to join in its celebration? Wherever I may see sick friends I will assuredly advise them to call, or send to you.

SARAH E. HOPKINS.

REMARKS.—This case had been pronounced "confirmed" consumption, and so it was ; but not of the kind usually developed. There was but little cough, and scarcely any expectoration ; but there was the usual evidence of torpid constitution, enlarged and inflamed tonsils ; also frequent pains in the chest, and in the region of the stomach and liver. From her own account and from her mother, I learned that her whole system was deranged, every organ neglecting to perform more than half its functions. I ordered "Etherial Ointment" to be rubbed over the chest and back, morning and night, which at once removed the acute pains, the "Renovating Pill" to be given, as a Regulator, one upon going to bed, and the "Acacian Balsam" to be daily taken according to the directions on the lable, with a warm bath every other day. The diet was to be very plain, consisting mainly of farinaceous preparations, broths, and seasonable ripe fruits ; also good toast bread, and milk as a beverage instead of tea and coffee. In about two weeks she began to gain flesh and was able to go out. I ordered the above treatment continued, but added instructions for the patient to take a ride, a sail, or a short walk every clear day. I was obeyed. She tells the result. The disease was consumption of that class which does not consume the body gradually through the lungs ; but which attacks and wastes every part of

the adult human frame at once. In infants it is called marasmus.

GRAVEL.

St. Louis, Mo., Dec. 10, 1865.

Dr. O. Phelps Brown :—

Sir.—I do not think that I require any more medicine. Your treatment has entirely cured me of the gravel, for my general health is excellent, and I urinate as often as health calls for, only, and have no pain, neither is there any deposit whatever. In short all appearances of the disease have gone. I weigh one third more than I did when you began with me. Accept my thanks, etc. JEREMIAH HALL.

Remarks.—This was a case of *red gravel*, which is much more difficult of cure than the ordinary *white gravel*. He had taken mineral medicines usually given in such cases during a period of twelve years; but grew worse and worse until he was in constant pain, debilitated to the last degree, and the bladder became ulcerated, discharging pus-like matter. I ordered him the proper doses of a preparation, of which "bird's foot" (see page 46) and some of the powerful extracts from the sea-weeds, were ingredients; prescribed the "Etherial Ointment" (see page 297) to be applied freely to the painful regions, or parts; and directed the "Renovating Pill" to be used according to instructions on the lable. I forbade him to use acids or acescent food, and denied him the use of heavy bread, fatty matter, pastry or hard-boiled puddings, ardent spirits and wines. I allowed him a moderate quantity of fresh lean animal food, blackberry-jam to be used on light stale bread instead of butter, and soda water for a common beverage. He also took, by my desire, considerable exercise in the open air. The result was all I could desire. With the exception of the Hygienic principles, however, hardly any two cases of gravel can be successfully treated *exactly* alike. I make preparations for all its forms.

CONSUMPTION.

CARLTON, ORLEANS Co., N. Y., July 16, 1864.

DR. O. PHELPS BROWN :—

SIR.—After taking a little of your "Acacian Balsam" Mrs. Griffin is better—she sits up all day—and rides out occasionally. The soreness has gone from her lungs and she coughs very seldom, unless, in consequence of some fresh cold. Now and then there is some shortness of breath, and wheezing, but no comparison to what has past, or in times past. It has been the general impression here that she had the consumption and would die, and the physician said he did not believe she would live till spring. Once we called in the neighbors to see her die. And persons who saw her in her feebleness, and behold her now, will scarcely credit their own eyes.

P. GRIFFIN.

YOUTHFUL ERRORS.

UTICA, N. Y., MAY 30, 1865.

DR. O. PHELPS BROWN :—

DEAR FRIEND.—Mr. G———, whose case of sexual debility, mental weakness, and extreme emaciation, caused by solitary habits, you undertook at my request, four months since, after many well-known physicians had declared that medical skill could "do nothing for him," is a new man. His intimate friends can hardly believe him to be the same person. When he commenced your course of medicine he weighed but ninety-five pounds, now he weighs 135 pounds. The joy of his parents is unbounded. I send you an account of two other cases, which, although the results of the same cause, are not like Mr. G's. I am certain you can cure them, or any other case of nervous affliction, or general weakness.

ERASTUS THOMPSON.

REMARKS.—In this case I used a preparation of coca, (page 59) dragon root, (page 69) eryngo, (page 72) and other herbal tonic and invigorating remedies of foreign growth which are especially adapted to such cases. In addition, I required the patient to avoid the use of all exciting foods and drinks; but to live freely on plain nourishment; to use a cold sponge bath containing a table-spoonful of mustard, twice a week, until

stronger, and then every day; to keep the bowels moving regularly with the "Renovating Pill," and to avoid solitude, and court cheerful, and lively society as much as possible. The consequence of this treatment is before the reader. In cases of extreme debility of mind and body, accompanied by spermatorrhœa, I use a preparation of sage (pages 137 and 138), and vanilla (page 156). Before I could effect this cure I was obliged to resort to this branch of the course also; and for the purpose of giving stability to the system ordered the "Acacian Balsam." The "vanilla" course is a certain remedy for spermatorrhœa.

CATARRH IN THE HEAD.

WASHINGTON, D. C. APRIL 3, 1865.

DR. O. PHELPS BROWN:—

RESPECTED SIR.—My catarrh, which had almost destroyed my power of speech, had nearly lost me the senses of smell and taste, and was rapidly extending to the lungs, by dropping down, has disappeared. I owe this great blessing to your course of treatment. I had been so often humbugged by those who made great pretensions of curing me, and to whom I had paid large sums of money, that I applied to you by advice of acquaintances, with many doubts; but a "drowning man catches at a straw" and I wrote you a full description of my sufferings. I cannot be too grateful to Providence for having directed me to do this. Use my name in any way you please for the benefit of others afflicted as I was, etc.

S. BROWN MILLS.

REMARKS.—This patient describes the effects of nasal catarrah, as developed in himself, but partially He has omitted to say that his breath was so offensive that people could not sit in the room with him; that the matter was discharged so copiously that it descended into the stomach, causing vomiting, reducing him in strength and flesh to a comparative skeleton; that he had inflammation and elongation of the soft palate; (uvula) had lost his appetite; and was troubled with hectic fever. The great object to achieve in a case like this is first to

cleanse the parts affected and then to *heal* them. Great attention must also be paid to the general health which nasal catarrh even in its mild forms deranges so effectually. My instructions to Mr. Mills were to make use principally of light vegetable food; with now and then chicken or mutton broth; to bathe the feet each night in warm water, and upon going to bed, to keep the bowels open with the "Renovating Pill," to wear flannels next the entire surface of the body, and to use the "Etherial Ointment" plentifully at night upon the forehead, rubbing it gently and yet persistently in. I forbade the use of water internally, and prescribed toast tea or warm lemonade as a beverage. The main point of treatment was the beginning of the course I usually adopt for this disease, viz., a solution (with other rare herbal solutions) of narrow leaf Virginia thyme (pages 107 and 108,) which can be used either as an injection for the nostrils with a syringe, or it may be, as the phrase goes, "snuffed up" with force from the hollow of the hand. When this had produced the desired effect, I prescribed the second series of the course, viz., a solution of *English* Daisy Root, and other foreign roots, with herbs, (to be used as above) and a certain healing powder, both to be applied through the nostrils as often as circumstances required. I have never failed with this treatment. Mr. Mills' catarrh was a desperate and deep seated affair—in fact I have never known of a worse case; I can usually perfect a cure with the English Daisy Root preparation and the healing powder, where absolute *rotteness* has not been developed, as in the case of this patient.

CASES OF LEUCORRHŒA, OR "WHITES."

NORTHAMPTON, MASS., DEC. 10, 1864.

DR. O. PHELPS BROWN :—

DEAR FRIEND —I am not much of a writer; but I wish to say to you that your advice and medicines have made me well, and that I do not fear a return of the distressing and loathsome complaint which had held me in its gripe for three years, and which was rapidly bearing me to an early grave. I

write this with my husband's consent. I have no false modesty, and do not care who reads this if it will induce them to be wise and try your remedies, etc.

MRS. JULIA BARTON.

REMARKS.—Before coming to the treatment adopted in the above case let me state, for the benefit of many persons ignorant of the fact, that no two cases of "whites" are *exactly* alike; and that the term "whites" is employed, to specify all variations of the disease, from custom, and because it is convenient. There are four kinds of discharges in this very prevalent affliction, viz: mucous, pus, mucous and pus combined, and a clear transparent secretion, which, when coagulated, looks like curdled milk. When thin and watery, or thick and *cream* like, it is from the passage which leads to the womb, or as it is technically called "the vagina;" bringing away patches and shreds of the membrane or lining of the passage, and causing the utmost distress and debility, both of mind and body. When it is ropy or gluey it is from the cavity of the neck of the womb, and if not soon checked, and the parts restored to a healthy condition, will result in ulceration, which, after inflicting numerous and prolonged agonies, ends in a painful death. It is also frequently the cause of falling of the womb, and there is no doubt that cancer in the womb, is, in a majority of cases the result of its ravages. There are many variations of whites, whether it be confined to the vagina or has extended to the neck of the womb. So there is a great difference in the color of the discharge, it being green, dark brown, yellow, or clear and white, as the age, size, condition etc., of the victim varies, or according to cause, progress and duration. It is essential that the physician should be acquainted with these particulars, and that he should carefully and minutely consider the age, habits, occupation, social standing, and temperament of the patient before prescribing. The causes of this disease are as various as the forms it takes. Among them are excessive indulgence in sexual intercourse, cold, gonorrheal virus, much stimulating food, giving way continually to morbid and depressing fancies, solitary enjoyments,

child-bearing, long continuation of the monthly flow, nursing, decline of life, great fatigue, such as frequently running up and down stairs, straining, indigestion, or too much confinement in impure air, and too little rational exercise, miscarriages, intemperance, etc. Sometimes neglect of the person, or uncleanliness, is a cause. Ladies of very delicate organization, and those who are scrofulous or consumptive, are liable to it. Among the many symptoms of whites, are a pale, sallow or waxy complexion, which is occasionally altered by heavy flushings only to become more ghastly after they disappear. Also dull eyes, with heavy dark crescents underneath, capricious appetite, or scarcely any appetite, foetid breath, nausea, distress in the stomach, pains in the back, loins, groin, and chest; suffering in walking, headache, chills, restlessness at night, frightful dreams, disordered stomach, extreme nervous and muscular weakness, great emaciation, ill temper, disinclination for the other sex, etc. Not the least unpleasant effect of this disease is the smell it emits. To treat it with mineral preparations is merely to palliate it and produce other afflictions. Why use dangerous articles when the earth abounds with herbal remedies which are both healing and soothing, powerful and harmless, and which if rightly prepared by experienced physicians, who understand the medicinal properties of the vegetable kingdom, and used according to directions, *must* satisfactorily cure without leaving evils of any other kind behind them? Among the many plants and barks which skillfully and intelligently compounded with others which have to be imported, and their virtues extracted by a process known only to those who have made them a life study, will surely and quickly cure this diseases in all its varieties, are "Devil's Bit" (pages 67 and 68) "Balsam of Peru" (pages 122 and 123) "Life Root" and "Meadow Lily Root," (for both see pages 97 and 98,) "Privet" (pages 125 and 126) "White Oak Bark" (page 112) "Golden Seal" (page 81) etc. These are the principals of numerous well-known plants and barks employed by me for leucorrhœa, to give the names of *all* that I employ, especially those of foreign origin, would occupy more

space than I can spare, and would not benefit the reader, for the foreign ones can be procured only at great expense, in large quantities, and in out-of the-way localities. From Mrs Barton's copious description of herself and her symptoms, I was satisfied, after due deliberation, that the disease had reached the neck of the womb, and that if she did not at once obtain relief, ulceration would be the inevitable consequence. She was of a medium size, light complexion, hair and eyes, sanguine and lymphatic temperament, and was afflicted soon after marriage. She had been what is called a "wild" girl; that is, fond of romping and playing, but was always, from the age of puberty, more or less subject to an overflow of the menses, by which her frame had become somewhat enfeebled. I pass over the certainty of the "parts" having being injured during coition. I prescribed a wash made from some of the above plants and barks, and which I call the "Privet Wash," to be injected freely morning and night. In order to achieve the great object of restoration it is necessary to treat the disease generally as well as locally. I therefore ordered three of my Extra Tonic Pills to be taken each day, one before each meal. I also enjoined, for a time, strict abstinence from nuptial indulgences, and three tepid hip baths a week to begin with, gradually reaching the cold ones. The hygienic treatment was simple, viz: —moderate exercise out of doors in clear weather, light animal and vegetable food easy of digestion—nourishing *but not stimulating*; scrupulous cleanliness, and the cultivation of a cheerful spirit. This treatment, carefully observed, effected a permanent cure in three months. I would take occasion to say here, that in *all* cases of whites the most rigid system of cleanliness is indispensible to a speedy cure. For merely cleansing the parts pure cold, or tepid water, as the case may require, to which has been added a little salt, is excellent.

BANGOR, ME., JAN. 5, 1865.

DR. O. PHELPS BROWN:—

HONORED SIR.—Permit me on behalf of my daugh-

ter and her father, to return you our sincere thanks for the advice given in your last letter, and to state that we shall always treasure it, and act upon it too, *if it ever becomes necessary.* But at present we have no occasion to use it. *Our daughter is cured.* Perhaps this will not surprise *you ;* but it has surprised us, and has shed the rays of happiness over a household that was before sorrowful and miserable indeed. If by referring persons to us who are suffering as our daughter did, you can do good, have no hesitation about it. * * * Mrs. Grove is progressing finely under your medicines.

MRS. H. BETHMAUN.

REMARKS.—This was a case of vaginal whites, which had existed from the time the patient had commenced to menstruate. She was a girl of robust habit, with full bosom, when first attacked ; but was eventually reduced to a shadow of her former self. The *causes* of her affliction I need not specify. When she first applied to me for aid it was with great difficulty she could retain anything on her stomach, and nearly all the symptoms enumerated under Mrs. Barton's case were torturing her constantly. Urination was so painful that her cries could be heard at some distance. It was found requisite to change her under garments twice or thrice a day. Unskilful and reckless treatment had done much towards aggravating her miseries and rendering a cure a matter of the utmost difficulty, yet I was determined to take the matter in hand and make handsome work of it. My first care was to impress forcibly the utter impossibility of effecting a cure if all natural or unnatural excitements of the organs of generation were not *totally avoided.* The usual light but nutritious diet was ordered, also plenty of fresh air and sunshine, moderate and pleasurable exercise, cheerful associations, etc. I insisted upon total abstinence from all exciting liquids, and the abandonment of any course of romantic reading that would be likely to stimulate the imagination. I prescribed the cold hip bath to be taken every day, and an injection made from "Golden Seal," "Life Root," "Lily Root," and two South American plants to be used freely three times a day. For ablutionary purposes she used tepid or cold water

with a very little salt, according to the intensity of the inflammation or irritation. Instead of blisters, or issues, to the lower part of the back (*Sacrum*) I applied the "Etherial Ointment" freely, keeping it constantly there, in fact, in the form of a plaster. As she was badly constipated I used the "Regulating Pill" according to directions. With the exception of a slight relapse produced by one night's unwise exposure to damp air, and a very fatiguing walk, this case progressed steadily to a cure from the first day my treatment was adopted until I received the above letter announcing the patient's thorough and perfect restoration to unblemished health.

The above two cases are but types of hundreds, to cure which my services have been required, and usually at the last moment. I have cured many variations from these two cases, all bad enough, and have testimony to that effect; but the above will be quite sufficient to show to the impartial reader both the method and value of my Herbal system! The above certificate would not have been published without the permission of the writers, as I hold sacred all correspondence of this character.

BAD CASE OF LIFE-LONG SCROFULA CURED.

PROVIDENCE, R. I., AUGUST 4, 1865.

DR. O. PHELPS BROWN:—

MY DEAR DOCTOR— * * * * * * words cannot express my delight at the cure you have effected upon me. You know what a condition I was in when I wrote to you last winter; I was covered *from head to foot* with sores, and as I had been more or less a sufferer in this way from childhood, and had spent thousands of dollars in the hope of getting, at least, a partial, if not a perfect cure, without success, I had but little faith in *your* ability to do me much good. Still, you had been so highly recommended that I concluded to make one more trial, and if that did not turn out as was desirable, to bear my wretched fate with philosophy until I could hide my disfigured form in the grave. I may say, that now, for the first time in my life, I have an unblemished skin; apparently a pure current

of blood in my veins, and the very best of general health. I owe this to you, or, more properly speaking, to your skill and ability and the plants which nature has provided for every physical ill. Should you ever come this way, you will confer a favor upon me by giving me a call. You may publish the fact of my cure if you like ; but I prefer that you would keep my residence out of print, as I do not wish to be troubled with inquiries, etc.

J. R. M. DRAKE.

Remarks.—Scrofula is both hereditary and acquired. It attacks all parts of the body ; but more especially the glands, bones, joints, and skin. When transmitted it is more difficult of treatment than when acquired ; but in either event it is *certainly curable.* Consumption is the worst phase of scrofula, and generally the most fatal. Yet we can now not only *avert* consumption by timely and judicious treatment, but can *cure* it even after it has reached a stage which many years ago was sure to result fatally. The chief causes of scrofula, (apart from certain poisonous communications between healthy and infected persons which my treatment will positively cure in all its forms,) are insufficient food, the habitual breathing of foul air, exposure, intemperance, unclean habits, constitutionally-weak stomach ; living too high, lack of exercise, or too much of it, etc. The basis of scrofula, in all its varied hideousness, is, no matter what may be the fundamental reason, *impurity of the blood.* In the case before referred to, the disease was undoubtedly hereditary ; although the parents had never had a touch of it ; but upon inquiry I ascertained that the grandfather on the side of the mother had been more or less troubled with it all his life. This is often the action of scrofula. It may fail to appear during one or two generations, and then again break out with extraordinary virulance in a distant branch of the original family, particularly if there be any syphilitic taint. Mr. Drake describes his condition as it was when he first wrote to me, in broad but expressive terms—he *was* literally "covered with sores from head to foot." His appetite had gone, his strength was scarcely beyond that of an infant, he could sleep but very

little, nor could he walk, or talk, excepting with great pain, and as he said in a previous letter, he presented such a shocking appearance that "he was ashamed to show himself abroad," even if able to do so. In short, he was on the verge of dissolution—in fact, that without a prospect of recovery, speedy death would have been a boon. I ordered my *compound fluid extract of stillingia*, which is a preparation comparatively new; but which will soon usurp the place of all other medicines for scrofula, hepatic and cutaneous affections, and *all impurities of the blood*, and a tonic pill made particularly to suit the individual case. The patient was advised to shun crowded or close apartments, to avoid exposure to wet or humid weather, to sleep with the windows open at all times, but out of the way of the draught; and to bathe daily in warm water and alcohol, or in salt water if he preferred it; but never in plain, fresh, or cold water. His diet was as invigorating as possible,—light, nourishing, and digestible, but never stimulating—consisting in the main of broth, solid lean meats, and stale bread—pastries, pies, and puddings being interdicted. Fish, especially the fresh cod, he was ordered to eat as often as was agreeable, for its iodine, as well as its nutriment. I sent Mr. Drake his first instalment of "the compound fluid extract of stillingia," and the tonic pill, with hygienic instructions, in the latter part of February. In the middle of March he was out, with a fair appetite, a moderate degree of strength, and a visible improvement in the strumous inflammation and discharge. He improved slowly but surely, and was pronounced cured by his friends, as early as June; but as doing things by halves is not my way, I continued treatment until August, when every vestige of the disease had, as near as I could judge, vanished, I am sure, never to return, unless through his own neglect and imprudence. The "stillingia" is the foundation of all my preparations for scrofula, (see "queen's root," page 128) but it is embodied with several other rare plants and roots, according to the cause, location, or extent of the disease. Where it manifests itself in the glands, joints, or upon any part of the surface

of the body, in sores, rashes, or ulcers, I invariably prescribe the "Etherial Ointment" as an assistant whose services could not be dispensed with.

OBSTINATE NEURALGIA CURED

ALEXANDRIA, VA., JAN. 12, 1865.

DR. O. PHELPS BROWN:—

DOCTOR.—I have the honor to inform you that your medicines have had all the effect you promised. My neuralgic pains and symptoms disappeared three weeks after I began using your "Lever Wood" preparation, and the ointment, but I refrained from writing to you for many weeks afterwards fearing that the relief was only temporary. I am now sure, however, that the cure is permanent, for since the pains ceased I have been constantly exposed to the weather, braving it in all its changes—have been out in storms, have been shut up in close places, and then suddenly sent forth in the bitter cold, and yet not the slightest approach to neuralgia has been visivisible in the operations of my nervous system. I have a sister in Vermont who suffers severely every winter from neuralgia of the face. I enclose ten dollars, for which, send to her address as much of your medicine and advice as you can afford.

L. J. McCOMAS.

REMARKS.—Mr. McComas was employed in one of the public departments, whose head-quarters were in Alexandria, Va., and was liable to be exposed at all hours to the weather, no matter how bad it might be. He was frequently compelled to lodge upon the ground, and sometimes could get no food for many hours, and when he did get it he was often compelled to eat it half cooked and in haste. He appears to have been constitutionally predisposed to diseases of the nervous system, and although only twenty-two years of age, had suffered extreme tortures from neuralgia. The pain occurred by jerks and starts, commencing at the back of the neck generally, running round to the ears and the jaws, and spreading over the entire face, as also in most instances the shoulders and chest. I ordered the "Lever Wood" preparation, (page 97,) which comprises

the extract of five different rare herbs, and the "Regulating Pill" one a day at going to bed, and required that the "Etherial Ointment" should be liberally used upon the affected parts morning and night. All forms of neuralgia may be cured by this treatment, if, in addition to the medicines, the patient will keep his stomach in good order, and use tepid baths in moderation.

REMEDY FOR GOUT.

GERMANTOWN, PENNA., APRIL 2, 1865.

DR. O. PHELPS BROWN :—

SIR.—You merit all the gratitude I have to give. Shall I say that you have cured me of gout? Yes, I think I may safely say so, for I have been free from it *one year* for the first time in twenty-five years, and all since I began to take your remedies. I am now fifty-three years of age and am in the enjoyment of better health than has been my good luck for a quarter of a century. My children say that it is now a pleasure to spend an evening with me, whereas, before obtaining your godsend, it was their opinion that I was a most irritable and disagreeable companion. I would like to have a large number of your treatise for distribution. What will be the cost, etc., etc.

WM. RODMAN.

REMARKS.—Gout is always accompanied by disarrangement of the regular functions of the stomach and other internal organs. In either the acute or chronic stage it is indicated by the usual violent pain in the ball or first joint of the big toe, with shooting pains throughout the foot; sometimes every toe is involved. When the attacks have been frequent and of long standing, it in many instances falls into the stomach, when mortal skill is hardly equal to the salvation of the sufferer. This is when the patient has become very much reduced. If stout or fat, the disease after having been allowed its own way for a long time, usually falls into the head, and then proves fatal as often it does when located in the digestive regions. Gout is hereditary, but, even when it is so, can be averted by prudent living.

Its causes are numerous, among which may be enumerated excess in eating and drinking, dyspepsia, indolence, hard and unreasonable study, anxiety, despondency, excessive evacuations no matter of what character, cold, the suppression of any accustomed discharges, sudden exposure to cold when the body is heated, wet suddenly applied to warm feet, costiveness, and a climate to which the victim is not accustomed, especially if it be variable. A great many practitioners recommend the starvation process; but this is nonsense. Every man, in order to preserve his health, should eat and drink moderately of that which readily assimilates with his system; but to attempt to cure a man of gout, born with him perhaps, by feeding him on gruel alone, and bleeding him every now and then (such has been and still is the allopathic practice) is perfectly absurd. All gouty patients should use stimulating foods and drinks as sparingly as possible; they require about the same diet that is enjoined for dyspepsia; but to give them *nothing* nourishing and tasty is going to an extreme more dangerous than a moderate indulgence in table luxuries. For Mr. Rodman, considering the length of time he had been afflicted, and his age (fifty-three years,) together with the fact that he was very corpulant, and disinclined to take much exercise, I prescribed, at the outset, a very mild regimen, gradually bringing him around to the daily diet that would usually be found upon the table of a prosperous mechanic, ignoring, by-the-way, solid fatty substances. All spirituous drinks, and especially fermented beverages, were strictly prohibited. I directed cold water to be *douched* or poured from an elevation, upon the affected parts, (the disease was located in both feet, implicating all the smaller joints) as often as the shooting and "tearing" pains were made particularly manifest, and applied the "Etherial Ointment" freely and continuously. The principal remedy was, of course, "Tacamahac," conjoined with other herbal productions. "Tacamahac," in its inferior and spurious shapes is known as *Populas Balsamifera;* (see pages 148 and 149) and is of little value. That

which I use is from the leaf-buds of the Siberian poplar, is hard to be obtained, and has to be affiliated with the accompanying ingredients with great care and after close study of its wonderful peculiarities. As a specific for gout, (and also for rheumatism of every phase, not omitting inflammatory of long standing,) it has no equal. The proof of this is to be found in the above letter.

PREVALENT DISEASES.

THEIR SYMPTOMS, ETC.

Typhoid Fever.—Precursory symptoms manifest themselves in depression, physical langor, pains in the head, back and extremities; loss of appetite, dullness and drowsiness through the day, and restlessness at night, violent shivering shows that the fever has got a fast hold. Now look soon for great heat of surface, furred tongue, pulse varying, heavy, sometimes as high as 120, headache, diarrhœa, and sometimes swelling of the belly, and nausea and vomiting. In a week eruptions appear upon the chest and belly, the tongue assumes a fiery red, or is dry and black, and there is delirium. There is little difference between this and typhus.

Bilious Remittent Fever.—For a day or two before the onset the victim feels languor and debility, with a headache, want of appetite, furred tongue, very bad taste in the mouth, especially at day-break, pains in the joints, head, back and limbs, and general uneasiness. When the fever has partly "set in," there is a violent chill which rarely troubles the sufferer again. In bad cases the tongue is brown or black, dry, and red at the edges. The evacuations from the bowels are usually dark and uncommonly offensive.

Congestive Fever.—The first attack is generally mild, assuming the form of intermittent fever. The second is gene-

rally very severe and dangerous. The whole surface of the body is very cold, the extremities especially, and the pallor of the face is death-like. All the appearances of drowsiness and inertia are painfully manifest. Breathing hurried and difficult; tongue furred and black; mind lethargic or delirious.

Inflammatory Fever.—Sudden chills, debility, dizziness, pain in the head, back and joints, flushed face and eyes, dry and scarlet mouth, throat and tongue, great thirst, heavy throbbing of the arteries, hard breathing, bleeding at the nose, scanty urine, intense heat, and constipation of the bowels.

Simple continued Fever.—Yawning, stretching, heaviness, inactivity, weakness, cold all over, especially in the back, nausea, loss of taste, hurried and oppressed breathing, rapid pulse, and confusion of mind, generally occasioned by a heavy cold.

Putrid Fever.—Debility, depression of spirits, loss of muscular power, soreness, pain in the head, extremities and back, chills, inflamed eyes, dry parched tongue, laborious respiration, hot and offensive breath, pale urine, intense heat of the skin, small, quick, and hard pulse, great thirst, inarticulate speech and delirium.

Scarlet Fever.—Commences with chill and shivering, nausea, often vomiting, heat, thirst and headache; accelerated pulse, red eyes, swollen eye-lids, interrupted breathing, and swelling of the flesh generally. The bright scarlet eruption usually appears three days after the above symptoms have been manifested.

Hectic Fever.—Very slow and insidious. Emaciation, quick pulse, slight heat after meals, to begin with. Next, frequent small pulse, voiding of much pale urine, debility, red spots upon the cheeks, night sweats, weak stomach, flatulence, indigestion, and great derangement of the nervous system.

Small Pox.—The symptoms are divided into four periods. The period of invasion occupies about three days, and is marked by languor, lassitude, restlessness, stretching, gaping, petu-

lance, sullen mood ; these are followed by chills and rigors. Towards evening the skin becomes hot and dry, pain attacks the head, loss of appetite, nausea, and frequently lumbago. On the third day, heat, fever, flushed face, headache, and in children sometimes convulsions. The period of eruption commences on the fourth day, (often the third) with the appearance of a series of small, red, circular points (papulæ.) They do not rise above the surface then, but can be seen in it, and felt by the finger. They are situated in the substance of the skin, and roll about under the finger, the size that of a small pin's head. These gradually enlarge, the patient in the meantime suffering severely, until the period of suppuration arrives. The fever is now great, the hands, feet and face swell, and salivation is profuse and constant. There is hoarseness and pain, and the saliva emits a most disagreeable odor. Then comes the period of recovery. The pustules scab, the fever, and other unpleasant symptoms gradually disappear, and, if all goes right, the danger is over from the twelfth to the fifteenth day after the eruption.

Diptheria.—After scarlet fever be careful to look for diptheria. The symptoms, after scarlatina, are rigours and chills, debility, languor, gluey urine, a quick and jerky pulse, furred tongue, (light) hot, dry skin ; then comes congestion of the fauces, (or back part of the mouth and throat) thickening of the glands of the neck, and also symptoms similar to those of catarrh. This is followed or accompanied by a copious exudation from the mucous surfaces, or capillaries of the upper air passages. Diptheritis, when not accompanied by or the result of scarlatina, presents similar symptoms ; the crowning one of which, in *all* cases, is the formation of a false membrane, like that observable in croup. In diptheria the blood becomes disorganized, the muscles soft, the kidneys granulated, and the nervous system intensely prostrated. The stomach and liver are always deranged. If the disease is not promptly handled it is likely to terminate in suffocation, or in mortification of the affected parts, and death.

Dandelion

Daisy

Elecampane

Ephemera.—This is a fever which lasts but one day. Symptoms, chilliness, loathing of food, hard and frequent pulse, hot skin, and flushed face. It subsides in a gentle perspiration.

Yellow Fever.—The premonitory symptoms are almost completely identical with those of typhoid, skin hot and dry, face flushed, breathing hurried, eyes red and watery, with nausea and vomiting. The advance of the disease is marked by an aggravation of all these symptoms, while the face becomes extremely sallow, with a harrassed and woe-begone expression, and the patient is subject to great prostration of both mind and body. The stools are dark and fœtid. If a change is not speedily made the sufferer soon dies.

Inflammation of the Brain.—Uneasiness of mind, dizziness, inclination to fall and faint, hard bounding pulse, poor appetite, wild stare of the eyes, singing in the ears, numbness of one side of the body, (this numbness is never on the side where the disease is located,) and great desire to lie upon the back. In the advanced stage of the disease the eye cannot bear light, the muscles are frequently convulsed, the mind wanders, the stomach is nauseated, and the bowels are obstinately costive. At this time relief must be obtained or the case will terminate fatally.

Infantile Sore Mouth.—Small white specks, with dark rings of inflammation around them, which continue to spread until the whole surface of the mouth is a mass of sore.

Nursing Sore Mouth.—Whitish small blisters on the salivary glands, which break, causing inflammation and ulceration of the mucous surface. In some cases the ulcers spread to the æsophagus and stomach, and produce general constitutional disturbance.

Quinsy.—Red and swollen tonsils ; great pain and difficulty in swallowing, paroxysms of fever, hard and quick pulse, difficult breathing, mainly through the nose, chills, torpid bowels, watery eyes, swollen face; a thin but wicked mucous is also secreted and expectorated.

Inflammation of the Ear.—The symptoms are mostly local, consisting of great pain, ringing in the ears, and fever.

Inflammation of the Stomach.—Vomiting, extreme thirst, distress in the region of the heart, quick pulse, tenderness of the belly, tongue dry and hard, scanty urine, constipated bowels. The countenance looks like that of one who is very much tormented in mind. When the substances vomited appear like coffee grounds, the disease will result in death.

Inflammation of the small Intestines.—Deep seated pain in the region of the navel, and in fact throughout the abdomen, soreness upon pressure. Great restlessness both night and day. Hard pulse, dry skin, dark coated tongue, and, if very bad, bloated bowels and diarrhœa.

Dysentery.—Heavy and dark brown coating of tongue; variable pulse, uneasiness, soreness, and apparent heavy pressure upon the lower intestines. Constant desire to evacuate the bowels, hot and dry skin, and the voiding of slime mixed with blood.

Bilious Colic.—Costiveness and great thirst. Violent pain in the belly, followed by vomiting of bile. This is almost continual. The patient cannot stool, even with difficulty. When the pain is hardest the surface of the skin is covered with a clammy perspiration; the pulse hard and resisting.

Whooping Cough.—Red face, soreness and uneasiness of the bronchia and throat—a long, suffocating, convulsive cough, marked by a peculiar sound, or "whoop" in the effort to recover easy respiration. It lasts from eight to fifteen days. The mucous expectoration is slight.

Inflammation of the Liver.—Chills, succeeded by all the symptoms of fever. Pain, shooting and acute, in the region of the liver; sense of tension in the right side; sometimes the pain is dull and fixed, and will extend to the breast, collar-bone and shoulder of the right side. In the later stages of the disease the cough and distress are similar to those observed in consumption.

Inflammation of the Kidneys.—Dull pain in the loins and sometimes in the thighs, heat and uneasiness in the region of the kidneys; red urine, sometimes bloody, and voided frequently, but not in large quantities at a time; cold extremities, vomiting, difficulty of breathing, and constipated bowels.

Inflammation of the Bladder.—Tension and pain in the bladder, great difficulty in voiding urine, with almost constant desire to do so; sometimes the suppression is total; inability to have a free stool; fever, nausea and vomiting, anxiety, restlessness, clammy perspirations, and in bad cases, delirium.

Dropsy of the Brain.—Fever, similar to remittent, restlessness, thirst, vomiting, flushed face, severe pain in the region of the disease, and red eyes. Children afflicted in this way will utter the most terrific cries. The symptoms of a later stage are some of these, with occasional stupor, heavy breathing, slow and intermitting pulse, eyes insensible to light; bowels and bladder discharge their contents involuntarily.

Apoplexy.—There are two varieties—one marked by a feeble pulse, and pallor, anxious and emaciated countenance; (serous apoplexy) the other by a flushed face, hard full pulse, and sterterous breathing. The approach of an attack is preceded by giddiness, drowsiness, dull pain in the head, nightmare, bleeding from the nose; loss of memory, inarticulate or hesitating speech; nightmare, etc.

Hysterics.—The warning signs are generally dejection of spirits, stretching, yawning, nausea, anxiety of mind, sudden fits of weeping when there is no palpable reason for them, palpitation of the heart, coldness of the entire surface, followed by hot flushes, etc.

St. Vitus' Dance.—The approaches are slow; variable and voracious appetite, hard, swelled belly, or else a belly very flabby and soft, *very great* constipation of the bowels, (supposed by some to be the main cause of the disease,) loss of cheerfulness, and twitching of the muscles against the will of the sufferer.

Croup.—Is manifested by a peculiar hoarse sound of the voice; this is followed by a ringing cough, fever, hard breathing, thick expectorations, and, in the end, if relief be not obtained, suffocation and death.

Measles.—Preceded by shiverings, chilliness, uneasiness, heaviness of mind, sore threat, swollen eyelids, inflammation of the eyes, acrid tears, and sneezing, with a discharge of watery fluid from the nose. Then come fever, dry skin, hard rasping cough, feelings of suffocation, great oppression, pains in the loins, nausea, headache, extreme thirst, foul tongue, and sometimes profuse perspiration. The ruby eruptions, which look like the bites of a poisonous insect, spread over the surface of the body on the third, fourth, or fifth day. When the disease is extremely virulent spasms of the limbs and twitchings of the tendons supervene.

Milk Sickness.—Supposed to be communicated by milk taken from cows which have eaten of poisonous herbage. Putrid tongue, very foul breath, general lassitude and debility, thirst, burning in the stomach, vomiting, inability to evacuate the bowels, etc. The cheese or butter made from this milk is more poisonous than the milk itself.

Jaundice.—White, or clay colored stools, yellow skin and eyes, saffron colored urine, slow pulse, or often quick and hard, loss of appetite, languor, indecision as how to act, a desire for repose, sometimes looseness, sometimes costiveness, sickness of the stomach, pricking and itching of the skin, despondency, bad and bitter taste in the mouth, indigestion, pain in the right side and in the region of the bowels; sometimes the stools are very dark; feverish heat and dryness of the skin. The complexion is the most reliable symptom.

Wind Colic.—Feeling as if the intestines were twisted; pain about the location of the navel; violent tension of the bowels, extreme anxiety, rumbling, chilliness of the skin, frequent expulsion of wind, or flatus; derangement of the functions of the stomach.

Incontinence of Urine.—Debility, sallow or very white complexion, costiveness, occasional fever, capricious appetite, emaciation, languor, lassitude, and depression of spirits. The involuntary discharge usually occurs more frequently in the night than during the day. If not checked, or remedied, it will run into chronic diabetes.

Nightmare.—Nightmare, which is developed in frightful dreams, is frequent among persons of studious and inactive habits. Its chief cause is indigestion and sluggish circulation of the blood, and the warning symptoms are mainly those of dyspepsia.

Worms.—There is the tape worm, the round long, and the round short worm. The symptoms are a voracious appetite, fainting spells, pale face, sometimes hectic flushes, itching of the nostrils, swollen abdomen, foul breath, peevishness, grating of the teeth, and sudden starts, while asleep ; great thirst at times, urine frothy, colic, dry cough, unequal pulse, pains in the side, palpitations, cold sweats, paralysation of the muscular system ; etc., etc.

Carbuncle.—Commences with a small pimple, which gradually deepens until the base becomes extremely broad ; general inflammation, also chills, nausea, faintings, weak pulse, and great lack of vigor. It should be carefully treated when first discovered, particularly as a dark slough will appear on the centre of the tumor, which soon progresses to a condition of mortification.

Rickets.—Weakness, swelling of the glands, enlargement of the bowels, increased size of face, flaccid muscles and soft tissues, bent spine, protruding forehead, small neck, decaying teeth, enlarged joints, soft and weak bones, unnatural stools, etc. In the woman, all these with deformity of the pelvis.

Itch.—Shows itself first in small pimples about the fingers, waist, hands, and wrists; these soon break and discharge a fluid which causes the most intense itching ; and if not attended to in the outset, will cover the whole body and ultimately form

small biles. Some authorities contend that the disease is caused by a microscopic insect, but I am induced to believe that the insect is the effect, not the cause of the affliction.

Hemmorhage of the Bowels.—Preceded generally by dysentery ; oppression of the abdomen, furred tongue, dingy complexion, disorder of the circulation, impaired appetite, either constipation or diarrhœa, low spirits, general debility, etc., followed by sudden gripings, sickness of the stomach, weak pulse, cold extremities, ghastly paleness, and a discharge of fœtid black blood from the bowels. If the bloody discharges are few and scanty there is internal bleeding, unnaturally suppresssd

Pleurisy.—Introduced by shiverings, which are shortly followed by severe fever, sharp pain, as if inflicted by a knife, in the side ; or in the region of the nipple, hurried breathing, darting pain in the shoulder and back aggravated by motion ; with a snappish dry cough. The patient is under constant restraint, as every movement renders his sufferings more intense and frequent.

Enlargement of the Air Cells.—Habitual shortness of breath ; great difficulty in breathing, dry cough, expectoration of frothy, or watery matter, and sometimes of mucus, stooping gait, dejected and dusky countenance, enlargement of the muscles of the neck, swollen lips, and great debility. If not cured the result will be a chronic disease of the kidneys, or death by congestion of the blood vessels of the head.

Pulmonary Apoplexy.—Tightness and dull pain in the chest, great difficulty in breathing, and the raising of a bloody mucus, which is distinguishable by the peculiar *dirty* appearance of the blood.

Heart-Burn.—Gnawing and burning pain in the stomach, caused by acidity, and frequently afflicts pregnant women. Soda, magnesia, or chalk swallowed in warm water will afford immediate relief.

Chronic Inflammation of the Bowels.—Dull pain in the belly which is aggravated by pressure or emotion ; the

tongue is red on the tip and borders, sometimes the abdomen is swollen, at other times flat; the skin is rough and dry, small pulse, cold extremities, emaciation, red and scanty urine, and evacuations from the bowels of a peculiar slimy character, which occur several times a day.

Chronic Diarrhea.—Thirst, restlessness, very poor appetite, frequent discharges from the bowels of a watery character in which the undigested food will be found; yellow skin; dry and dark col red tongue; and occasionally great pain and griping.

Asiatic Cholera—Three Stages.—The symptoms of the first stage are a slight diarrhea with vomiting, preceded by rumbling in the bowels, twitching of the calves of the legs, pain in the loins, and a very low pulse. Symptoms of the second stage, vomiting, purging a rice-watery fluid, cramps of the muscles of the limbs, bowels, and stomach, feeble pulse, distress in the chest, hurried breathing, great thirst, internal burning sensation; no urine. Symptoms of the third and usually fatal stage, great prostration, shrinking of the skin as if it had been parboiled, especially of the hands and feet, bluish face, cold surface, sunken eyes, great thirst, and short difficult breathing.

Bright's disease of the Kidneys.—Is generally symptomised by cellular dropsy which spreads over the whole body, commencing usually with the face; loss of strength, pain in the back and loins, imperfect digestion, dry and bloodless looking skin, red, brown or dingy urine in which may be found albumen, blood, fat, mucous and salty sediments. There is also nausea, vomiting, giddiness, and much thirst. Costiveness and diarrhea prevail by times.

Green Sickness.—Absence of the monthly flow, pale and greenish-yellow skin, palpitation of the heart, capricious appetite, debility, headache, extreme nervousness, irregular and imperfect action of the bowels, throbbing of the ear and temples, sleeplessness, great depression; often violent hysterics.

Falling of the Womb.—Dull pain in the small of the back, dragging sensation of the groin, feeling of fullness and uneasiness in the vicinity of the anus. When the disease is fully developed the womb falls into the vagina and there is no longer any doubt as to the precise character of the trouble.

Child-bed Fever.—Chills, heat and dryness of surface, continually increasing; full, frequent, and strong pulse, great thirst, restlessness, dry red-edged tongue, sickness of the stomach and vomiting, and very quick, short breathing. The eyes are red, and the face much flushed. The pain in the belly is intense, and the least motion produces exquisite torture.

Cancer of the Eye.—Preceded by headache, great sensitivevess to light, uncommon heat of the organ, itching of the ball and lids, and very sharp shooting pains, and a sensation of pricking. The eye enlarges and assumes a dull and livid hue. The cornea ulcerates and bursts, and a fungus growth projects from the opening. This, if not removed and the disease extirpated, will finally infect the surrounding parts and eventuate in death.

Necrosis, or death of a Bone.—Commences with deep-seated and sharp pain, and is followed by a rapid enlargement of the parts along the bone. Then we have inflammation, abcesses form, and the latter cannot be healed. The old bone is frequently discharged by an effort of nature, and a new formation takes its place. In many cases, however, it has to be removed by the surgeon.

The Plague.—The plague is a malignant fever, of a putrid and contagious nature. It is distinguished by buboes, or glandular swellings, extreme weakness, carbuncles, bleedings from the nose, anus, etc.; diarrhea, and red, or more frequently purple spots upon the skin. It is ushered in by great languor and disinclination for mental and physical exertion; nervous disorganization, headache, giddiness, heat of skin, heavy dull eyes, and a total change from the natural expression of the countenance, which change takes different forms according to the tem-

perament of the patient. Then we have irritable stomach, great desire to urinate, torpid bowels, white and moist tongue, small, hard and quick pulse; and frequent stupor. It usually proves fatal in from one to five days if not handled skillfully immediately after the appearance of the premonitory symptoms.

Chilblain.—A painful swelling of the fingers, toes and heels, of a florid, deep purple, or leaden color, the result of exposure to cold and damp. The pain is sometimes intermittent and pungent, obstinate itching; the parts often ulcerate, and are then considered next to incurable, but they can be cured by herbal applications.

Sprain.—An injury to the wrist, knees, ancles, or other joints. A sprain is not unfrequently sustained without the immediate knowledge of the sufferer, and may sometimes be mistaken for rheumatism. It is always accompanied by a painful and inflammatory swelling, and generally an effusion of serous fluid; and sometimes the swelling is discolored from the effusion of blood.

Fever and Ague.—This is also called intermitting fever, from the fact that it is composed of several distinct paroxysms, each one of which has three separate stages. It commences with a feeling of languor and weakness, and a distaste for motion. The face and extremities are pale, the finger nails blue, features shrunken, and there is coldness and constriction of the skin, and a wasting of the body. The skin, however, is warm to the feeling of another person. The cold increases to severe chills and rigors, in some cases becoming convulsive. Sometimes complete stupor, or an unsettled mind, will be noticed among the earlier symptoms. There are wandering pains over the whole body, the secretions are diminished, the appetite is gone, mouth dry, tongue very foul, pulse generally small and quick, urine pump-watery. These symptoms of the same stage are more severe in the old and weak than in the young and robust. The second stage is manifest with the abatement of the chill, which is substituted by a violent fever, headache, thirst, difficult res-

piration, rosy face, delirium, and excruciating pains in the limbs and back. After this has its run, and a profuse sweating occurs, the patient, although weak, irritable, pale, and disturbed in the region of the stomach, is temporarily restored to *comparative* health. In some cases this last condition will continue for one day, in others two, and in others three days.

Puerperal Convulsions.—Much like epilepsy. Preceded by more or less pulmonary symptoms; pain in the head; vertigo, and load and pressure in the region of the belly, and often nausea and vomiting; flashes of light before the eyes, numbness of the limbs, etc.

Hydatids, or bladders in the Womb—These are small bladders of water varying in size from that of a pea to that of a pigeon's egg. The symptoms are like those of early pregnancy; such as nausea, vomiting, enlargement of the womb, and breasts; suppression of the menses, and are often mistaken for those of genuine pregnancy. In from two to five months there is great pain in, and bleeding from the womb, and the hydatids are expelled.

Poisons.—Are divided into corrosive or acrid, the narcotic, and the narcotico-acrid. Acrid poison, in addition to its peculiar taste, is symptomised by violent efforts to vomit, sharp pains in the intestines and stomach, peculiar sensation of heat and dryness in the mouth, and at the root of the tongue, general irritation, intense thirst, feeling of tightness over the stomach, hiccough, copious stooling with much straining, pain in the kidneys, cramps, tremblings, cold sweats, fainting, irregular pulse, and convulsions.

Narcotic.—Inclination to sleep, torpor, numbness, cold greasy and offensive perspirations; cold and stiff extremities, protrusion of the eyes, swollen face and neck, thick tongue, vertigo, defective eyesight, palpitation of the heart, debility, delirium, haggard countenance, intermitting pulse, paralysis of the lower limbs, swelling of the veins and body, and sometimes convulsions.

Narcotico-Acrid.—Many of the above symptoms, together

with extreme agitation, stupor, convulsive action of the muscles of the jaws, face, calves, etc., pain, sharp cries, vertigo, stiffness of the limbs, (not always,) a sort of shrinking of the muscles of the trunk, red staring eyes, foamy mouth, livid tongue and gums, nausea and vomiting, insensibility to external impressions, and frequent stools.

Gangrene or Mortification.—In wounded or inflamed parts the pain ceases; the matter discharged becomes acrid, little blisters or bubbles form and are discharged, the circulation of the blood cannot be restored to the affected part by reason of peculiar coagulation; the patient is very calm and quiet, although the countenance is expressive of great care and anxiety; quick, low, and oftentimes intermitting pulse, while the affected surface soon *melts* down, as it were, into a brownish or blackish offensive mass.

Acute Inflammation of the Eye.—The white of the eye becomes covered with blood vessels, as does also the lining of the eyelids. The organ feels as if it was harrassed by some foreign substance, and there is much heat and considerable darting pain experienced. There is a copious flow of tears, and great repugnance to light. When the disease is very violent the whole system becomes irritable and feverish.

Pneumonia Notha.—A peculiar inflammation of the lungs, which is known by this name, often attacks the aged or those whose constitution is broken down by any cause whatever. The mucus, or lining membrane of the lungs is principally affected. It commences in the same manner as catarrh; there is great languor, pain in the back and head, vertigo, and listlessness. Fever is not often apparent. When the disease is advanced there is difficulty of breathing, wheezing, rattling in the chest, and a sense of tightness about the breast. In the early stage the cough (which afterwards becomes violent,) is not severe; it is attended by the expectoration of a white frothy and viscid mucus, but when the cough is most severe the character of the sputa changes and it is darker and thicker; sometimes extreme stupor or drowsiness is manifested, and there is

always pain in the head, and occasional vomiting. The disease terminates in a copious secretion of the mucus, which impedes respiration by being poured into the air cells of the lungs; this must be freely expectorated or the patient will die of suffocation.

Hydrophobia, or result of the bite of a rabid animal, is first made apparent, (some time after the bite was inflicted,) by a painful sensation in the wounded part, a desire for solitude, heaviness, restlessness, uneasiness, frightful dreams, disturbed sleep, spasms, sudden pain in the muscles, and darting acute pains from the bitten part to the throat; a feeling of partial suffocation, horror at the sight of liquids, the touch of which to the lips will produce awful convulsions. Towards the termination of the disease the patient evinces great watchfulness, dislike of air and sunshine, and has much fever. There is also vomiting, delirium, hoarseness, and a continual discharge of saliva, or spittle. The scene generally closes on the fifth or sixth day with convulsions.

Mumps.—This is a painful swelling (inflammatory) of the parotid glands, appearing behind the angle of the jaw, and often extending lower down. It sometimes afflicts only one side; but more frequently attacks both sides. It is accompanied by various degrees of fever; sometimes stupor, but as a general thing does not require medical aid. The principal treatment is to keep the bowels open, the head and face warm, and, above all, to avoid exposure to cold. When a severe cold is taken with mumps it will often cause in the female disorder of the breast, and in the male diseases and sometimes loss of testicles.

Discharge from the Ear.—In infants or youths the discharge commences with little or no pain, the first indication being a slight soil upon the pillow; in persons of mature growth the introduction of the end of a handkerchief will detect a moisture of a slight yellowish color. Then follow a very unpleasant smell and a dullness of hearing. If not attended to the discharge becomes thick, ropy, and yellow; then thin, white flaky, and fœtid, drenching the pillow during the sleep of the victim, and causing the ear to present a most repulsive appear-

ance. If the disease extends itself to the bony structure of the ear it will produce permanent deafness, paralysis of that side (or both sides) of the head, and great deterioration of the general health.

Amaurosis or Nervous Blindness.—This is at first distinguished by a haze or net-work before the eye; threads, lines, or strings of globules seem moving in the air; in reading this book the lines of type will appear to the victim confused and irregular, and there is frequently what is called double-vision. Sparks, flashes, or circles of fire are seen, particularly after sunset, and a rainbow colored halo is observed around an artificial flame or jet. There is a dull pain in the head almost continually. It is usually brought on by overtasking the eye with work.

Breast Pang.—Acute constrictive pain at the lower end of the breast bone; this inclines towards the left side; it comes on in paroxysms accompanied by great uneasiness; it often extends to the head, shoulders, arms, and legs; and is frequently sudden and lancinating. The countenance is livid, the extremities cold, urine copious and pale, feeble and irregular pulse, loss of the power of sense and motion, palpitation of the heart, bowels constipated; cold sweats, etc. The disease is generally produced by some organic disease of the heart, but this is not always the cause, which seems to be constitutional and visible in a large head, short neck, heavy body, and natural habits of indolence.

Cholera Morbus.—Inordinate and continued discharges from the stomach and bowels of a thin watery fluid, tinged with bile; spasmodic pains of the bowels and limbs, accelerated pulse, and hot skin; chills, desire to sleep, pains in the head, vertigo, acid eructations, pain in the stomach, numbness of the limbs, and vomiting, which hardly ceases. Often the discharges from the stomach are yellow, green or black. The evacuations of the bowels are characterized by the same colors. There is great thirst, tension of the abdomen; small pulse, succeeded by hiccough, clammy surface, delirium and death.

Painter's Colic.—Produced by lead introduced by various

means into the system. Preceded for some time by costiveness, foul tongue, flatulence, sense of weight in the belly, taste as of bitter herbs in the mouth; dull and remitting pain at first; but this gradually becomes violent and continued. The pain is at first at the pit of the stomach, but finally extends to the arm, navel, loins, back, rectum and bladder. The external muscles are sore to the touch: so sore in fact that they cannot bear the slightest weight or pressure. Nausea and vomiting are early symptoms and increase as the disease makes headway. A tenesmus accompanies which is very distressing, and often produces discharges of bloody mucus. The pulse is not much affected until the fifth or sixth day, when it becomes very quick and hard.

Nerve Pang.—This is often called *tic douloureux*, and is usually produced by indigestion, or a low state of the general health. It occurs generally in the nerves of the face; but often affects other nerves. The pain is intense and indescribable. The common seats of the disease in the face are the forehead and temple, or fore part of the cheek. When in the forehead and temple, the agonizing pain darts into the eye and affects the whole side of the head. When in the forepart of the cheek, it strikes towards the mouth and nose, then backwards to the ear, and sometimes upwards to the forehead. Costiveness, or any irregularity of the bowels, with furred tongue, etc., both precede and accompany nerve pang.

☞ For symptoms and treatment of other most prominent diseases read from pages 279 to 300, and from pages 246 to 262. All the diseases mentioned above can be cured by preparations which may be made from herbs described in this book; but persons who do not wish the trouble of making them, will, in a majority of cases, find my four standard remedies (pages 279, 285, 294, 297, to 300) all that can be required. Such afflictions as demand special treatment in connection with the above named standard remedies are few, and are described elsewhere, with the particular treatment adopted, the reasons for its adoptions, and its results.

THE MAGIC ASSIMILANT.

For the Permanent and Speedy Cure of Fits, Indigestion, Dyspepsia, Liver Complaints, Mismenstruation, etc.

Boneset, – –	4 oz.	Blue Vervain Stalks and Leaves, –	1 lb
Chamomile Blossoms,	2 oz.		
Smart Weed, –	3 oz.	Best Irish Whiskey,	1 gal.

Put altogether in a Tin receiver sufficiently large to hold about double the quantity. Arrange an arched tin cover with a trough encircling the entire inner edge, and of sufficient capacity to hold about two table-spoonsful of any liquid. Put the cover over the receiver, and place the whole over a moderately hot fire. As the steam rises it will form in globules on the cover, and as they increase, will gradually trickle down into the trough attached to the cover. As fast as the trough fills with the distilled liquid, empty its contents into bottles and closely cork and seal them. Keep the vessel over the fire till the liquor has nearly or quite evaporated. N. B.—The *best* Irish Whiskey *must* be used. An inferior or adulterated article will not do on account of the preponderance of alcoholic properties, and the large amount of hurtful drugs in it.

I cannot dwell too strongly upon the importance of a remedy for Fits. Who that is subject to them can count with any certainty upom being alive an hour? They may be taken while descending a flight of stairs, while traversing the bank of a precipice, while crossing a street crowded with vehicles drawn at full speed, or while in a throng of people whose feet would trample them to death. But all those afflicted in this terrible way are acutely alive to the dangers of which they are the constant expectants. Epilepsy in its severer forms, is a terrible disease to witness. It is productive of great distress and misery, and liable to terminate in worse than death; as it is apt, in many cases to end in fatuity or insanity, and so carrying perpetual anxiety

and dismay into all of those families which it has once visited.

The leading symptoms of Epilepsy are, a temporary suspension of consciousness, with clonic spasms, recurring at intervals; but so various are its forms, and so numerous its modications, that no general description of the disease can be given. I will first describe the most ordinary type of the disease, and then note some of the several variations which occur from the standard type.

A man in the apparent enjoyment of perfect health, suddenly utters a loud cry, and falls instantly to the ground, senseless and convulsed. He strains and struggles violently. His breathing is embarrassed and suspended; his face is turgid and livid; he foams at the mouth; a choking sound is heard in his wind-pipe, and he appears to be at the point of death from apnœa, or suspension of breath. By degrees, however, these alarming phenomena diminish, and finally cease, leaving the patient exhausted, heavy, stupid, comatose, or in a death-like condition. His life, however, is no longer threatened, and soon, to all appearances, he is perfectly well. The same train of morbid phenomena recur, again and again at different, and mostly at irregular intervals, perhaps through a long course of years, notwithstanding the best medical science has been exercised to prevent and cure the distressing malady. This is the most ordinary form of Epilepsy.

The suddenness of the attack is remarkable: in an instant, when it is least expected by himself, or by those around him, in the middle of a sentence, or of a gesture, the change takes place, and the unfortunate sufferer is stretched foaming, struggling, and insensible on the earth.

In this country, Epilepsy is commonly called the "*Falling Sickness*," or more vaguely, "*Fits*" The cry, which is frequently, but not always uttered, is a piercing and terrifying scream. Women have often been thrown into hysterics upon hearing it, and frequently it has caused pregnant females

to miscarry. Even the lower animals are often startled and appalled by a scream so harsh and unnatural, and parrots and other birds have been known to drop from their perch, apparently frightened to death by the appalling sound.

In most of the cases of Fits, which have come under my notice and treatment, the first effect of the spasms has been a twisting of the neck, the chin being raised and brought round by a succession of jerks towards the shoulder, while one side of the body is usually more strongly agitated than the other. The features are greatly distorted, the brows knit, the eyes sometimes quiver and roll about, sometimes are fixed and staring, and sometimes are turned up beneath the lids, so that the cornea cannot be seen, but leaving visible the white sclerotica alone; at the same time the mouth is twisted awry, the tongue thrust between the teeth, and caught by the violent closure of the jaws, is often severely bitten, reddening by blood the foam which issues from the mouth. The hands are firmly clenched and the thumbs bent inwards on the palms, the arms are generally thrown about, striking the chest of the patient with great force. Sometimes he will bruise himself against surrounding objects, or inflict hard knocks on the friends and neighbors who have hastened to his assistance. It frequently happens that the urine and excrements are expelled during the violence of the spasms, and seminal emissions sometimes take place. The spasmodic contraction of the muscles is occasionally so powerful as to dislocate the bones to which they are attached. The teeth have thus been fractured, and the joints of the jaw and of the shoulder put out or dislocated.

This is the most *severe*, yet the most *common* form in which an epileptic attack occurs. Fortunately, there is a large class of cases, in which the symptoms are much more mild. Sometimes there is no convulsion at all, or at least, is very slight and transient; no turgescence of the face; no foaming of the mouth; no cry; but a sudden suspension of consciousness, a short period of insensibility, a fixed gaze,

a totter, perhaps, a look of confusion, but the patient does not fall. This is but momentary. Presently consciousness returns, and the patient resumes the action in which he had been previously engaged, without always being aware that it has been interrupted.

Between these two extremes of Epilepsy, there are many links or grades. Sometimes the sufferer sinks or slides down quietly without noise; is pale; is not convulsed; but is insensible, much like one in a state of syncope, or fainting.

As it is impossible to give any single description of Epilepsy which will include all its varieties, of course, it is still more difficult to offer a strict definition of the disease. We can only say it is a mal dy that causes a sudden loss of sensation and consciousness, with spasmodic contraction of the voluntary muscles, quickly passing into violent convulsive distortions, attended and followed by stupor, or sleep, recurring in paroxysms, often more or less regular. Yet all these circumstances may, in turn, be wanting. There may be no convulsion, no interruption of consciousness, no subsequent coma, or stupor, or even a recurrence of the attack.

The duration of the attack is variable. They seldom continue longer than half an hour; the average duration may be said to be from five to ten minutes. Attacks that spread over three or four hours, generally consist of a succession of paroxysms, with indistinct intervals of comatose exhaustion. In the long-continued fits, or in the protracted succession of fits, the patient often dies.

The periods at which the paroxysms return are extremely variable. Most commonly they visit the sufferer at irregular periods of a few months or weeks; sometimes are repeated at intervals of a few days; sometimes every day, or every night, and very frequently, many times in the twenty-four hours.

The epileptic attack may come on for the first time, at *any age*. It may begin in infancy during the first dentition, or teething; more commonly about the age of seven or eight

years, during the time of the second dentition ; more frequently still, from fourteen to sixteen, shortly before the age of puberty. It is apt to occur for a few years subsequently to this. The first fit may not occur till between thirty and forty ; or it may occur at sixty, or even at a later period of life.

Above I have given a remedy, which will generally prove a simple and certain cure. You know what it is. You are aware that it is harmless. A fair trial will convince you that it is one of the most potent remedies ever discovered for the cure of every form of Epilepsy, Falling Sickness, or Fits. When this medicine is taken, the spasms gradually grow lighter and lighter, and finally disappear altogether, restoring the patient to the most perfect normal health. Its effect is truly wonderful. The time to accomplish a cure is usually from two to three months. Should you wish to have this valuable medicine, see the remarks at the end of this article.

And now as to *Dyspepsia* ! This is a malady which embraces, in its symptoms and consequences, nearly every physical and mental torture known to mankind. It prostrates like Consumption, (and is often mistaken for that disease) ; it unstrings the nerves, and renders its victim insane ; it deranges the liver, bowels, kidneys, and bladder : it poisons and corrupts the blood ; it vitiates the secretions ; it strips the flesh from the bones, and if not conquered, it eventuates in a death involving miseries indescribable. Happiness, even in a modified form, is altogether incompatible with Indigestion.

There is something so harassing in Dyspepsia—the disease is so eccentric and erratic—that I do not wonder the faculty have been so completely baffled in their attempts to gain mastery over it.

The Magic Assimilant operates directly upon the stomach, neutralizing all undue acidity, imparting strength and efficiency to the vitiated gastric juice ; healing all inflammation of the coatings ; cleansing it of all foreign or morbid matter ; regulating its tone to accord with the best of health, and so bracing and invigorating it, that it cannot

fail of performing its functions with unfailing propriety. This is indeed, the most reliable cure for Indigestion, Dyspepsia, Liver Complaint, and all other afflictions arising from a disordered or inert and weakened condition of the system ever prepared. It has been used in every part of the world, without once failing to effect a complete restoration to health and happiness. It will eject tape-worm—one bottle having in several cases, dislodged and destroyed them—after they had attained a length of many feet. All diseases of the bowels, as well as the stomach, yield to the powerful yet pleasant influences of the Magic Assimilant, as thousands of people in different parts of the world are willing to testify. The Magic Assimilant is the only medicine ever discovered that will speedily and surely check, and ultimately eradicate entirely, Epileptic and other Fits, no matter how produced, or of how long standing. In three months it cured over seven hundred persons.

There are a few more complaints which this medicine has complete control over, and I would not like to close this article without mentioning them, as it affects a large class of sufferers. The Magic Assimilant is a most certain cure for sexual debility, whether induced by excessive indulgences or other causes, impotence, sterility, gleet, and all diseases of the urinary and procreative organs, and is equally efficacious in all obstructions or irregularities, incident to the female system. There is no herb so well adapted to cure all sexual derangements as the Blue Vervain, as it produces a brisk circulation of the natural secretions, thereby throwing off all impurities and curing internal ulcerations and other morbid difficulties of the parts, where all other remedies fail.

To those afflicted with any of the above complaints, I confidently recommend the Magic Assimilant as a positive and speedy cure. Those who have tried other remedies in vain are requested to test the truth of this assertion. Its beneficial effect will be apparent after a bottle or two has been used. The principal article in this remedy is the Blue

Vervain, the wonderful medical virtues of which will be found under the heading of "Description of Plants," in another part of this volume.

The reader will perceive that the Magic Assimilant is composed entirely of simple herbs, but they are none the less effectual; its great power however is derived from the peculiar mode of the distillation. Many of the herbs composing the Acacian Balsam are of foreign growth.

Those who may find any difficulty in obtaining the pure ingredients, can procure the medicine prepared with the utmost care, and of the choicest materials the world affords, from me. I manufacture it in large quantities (I must do so to meet my constantly increasing orders,) and will send it carefully packed, by Express, to any part of the United States, on receipt of price, viz: $2 per large bottle; three bottles, $5; six bottles, $9; twelve bottles, $16.

DIRECTIONS.

Take a tea-spoonful of the Magic Assimilant in a little water, three times a day, before eating. If not effectual, gradually increase the dose to a table-spoonful. For children the dose should be reduced one half. Shake it well before using.

THE ACACIAN BALSAM.

For the Speedy Relief and Permanent Cure of Consumption, Bronchitis, Asthma, Coughs, Colds, all Diseases of the Lungs, Chest or Throat, and General Debility.

I do not propose to give a minute formulæ of all my remedies—the public could not expect it—for they have cost me years of labor, and numerous miles of travel; at the same time I want them to distinctly know what they are taking, or recommended to take. The Acacian Balsam is

composed exclusively of HERBAL and MUCILAGINOUS products, more powerful for good than all the *mineral* medicines ever compounded since the world began—yet as harmless for evil as the God of Nature who formed them. I therefore offer it in confidence to my afflicted fellow creatures as a wonderful remedy in all pulmonary affections and kindred maladies, arising from an impure and exhausted state of the constitution. It is administered with decided success from the start; soon after the patient commences its use, the process of invigorating and building up of the enfeebled system takes place. I ask no one to trust to anything here presented, if my remedies do not perform all I have promised on fair trial.

Here I will enumerate a few of the leading and persistent symptoms which will be met with in all cases of Pulmonary Consumption or Tubercular Phthisis. To descend into the various, numerous, and abnormal symptoms of such a changing and diversified disease would indeed be a work of supererogation, as there are no two cases of Consumption, which present the same symptoms. Each case differs according to the *temperament*, *constitution*, *hereditary predisposition*, *idiosyncracy*, and *age* of the patient.

For the sake of convenience, I will, however, class the symptoms of Consumption, into four general stages, viz. *the Incipient stage; the Solidification stage; the Maturation or Softening stage; and the Ulceration and Suppuration stage.*

The first stage of Tubercular Phthisis, is generally stated to be that in which the *physical* signs indicate a *deposit* in the lungs. Evidently, however, there is, and must be an antecedent state of disordered health, before the most skilful observer can detect the *sound* which indicates the least shade or degree of solidification of the lungs, whether by means of the *stethescope*, or other methods usually resorted to by the profession for such purpose. When the *physical signs* are observed, the *use* of the stethescope, etc., may be regarded as little more than *professional* display, without a

particle of advantage, except as developing in some degree, the *actual* amount of *lesion* or *injury* then sustained by the tissues of the lungs. There must be a *causative* agent that *originates* the predisposition or tendency to the deposit of tubercles in the tissues; or which *elaborates* or *prepares the material* in the system from which only tubercle is formed. *But we should not wait to see the physical signs developed, if we would expect uniform and hopeful treatment of Tubercular Consumption.*

From my own long experience in the *speciality* of Thoracic Diseases, I do not hesitate to say that the *actual first set of symptoms* of Consumption consists simply in the *wasting of flesh*, particularly if this is attended with, or by, a low scale of health and strength. Such loss of muscle plumpness, as well as juices and fat, is first noticed in three principal places. The first region of flesh consuming is usually the *face;* the second, the *hands;* the third, over the sacral or hip bones. The sacral region, where it first gives out, is lame and sore. The hands look poor and "scrawny;" the muscles of the arms and legs are soft and flabby.

If the face shows it first, the eyes stare; the brow, temples and scalp look lean; the muscular tissues of all the limbs soon waste, and the *pectoral muscles*, as also all the chest muscles waste away, and then the breathing is already become imperfect and weak.

The *diminished respiration* is soon attended with *cough;* then pains are felt all through the breast or thorax.

The patient next is sensible of something wrong, and is conscious of a sense of general debility. The fact is, *nutrition* is lost. The vital powers are flagging, for the *wasting of the body* in *spite of eating*, is *more rapid than the repair.*

Then comes a state of *spirit* depression; not the *cause* of Consumption, but caused by the already deficient vitality, and all the more helping on the grand catastrophe; for it is a law of our being, that where *nerve* structure is not itself

nourished, it, too, will fail in its work, just as surely as muscle fibre fails of power from the same cause.

To recapitulate:

1—*Incipient stage* This may present itself at a very early age, or may appear in middle age, and the first indications are generally, a subdued and saddened feeling, the former bouyancy of spirits subsides, and the person becomes languid. The face begins to assume a sickly hue, and to a practised eye tells a tale. The skin becomes whiter, and a nervousness and sometimes irritable disposition of mind appears; and if any hint be given about Consumption threatening, the person rebels against it and will not tolerate such an idea. The appetite and digestion frequently become impaired, and may manifest itself in capricious fancies for certain sorts of food A slight cold or any excitement will bring on diarrhœa. The breath is short and the breathing hurried; running or walking up an incline, or ascending a flight of stairs, is unpleasant and attended by fluttering and palpitation of the heart. The strength and weight of the body diminish, but this varies. The sleep is disturbed, the skin becomes hot, burnings of the palms of the hand, and cold feet; a short, dry, teasing cough, or tickling, or hawking up of mucus from the throat appears. There is also a feeling of *feverishness* and uneasiness after meals, which are unfavorable symptoms, indicating the first *mal*-assimilation of the food, which if not rectified, will inevitably deposit the germ of tubercles, and hence no time should now be lost in opposing the disease, before it lays seige to the citadel of the body.

2—*Solidification.* The cough which at first appeared very trifling, now begins to assume an anxious aspect, and becomes troublesome. It may not as yet be attended with expectoration, and if it be, the matter expectorated is of a ropy and viscid nature. The breathing becomes more impeded; hectic fever sets in, with chills and heats, while the weakness of both body and mind increases, although the intellect is sometimes extremely bright or sound to the very last. Pains, like those of *pleurisy*,

Motherwort.

Saffron

Privet

about the chest trouble, and are indications of those *inflammatory* effusions and adhesions which attest the *progress* of the disease, and the infraction of the lung structure and the impeding of the access of air to the cells of the lungs. The blocking up of the air cells, constitutes the stage of *Solidification*, and thus interferes with the due motives or functions of the chest, and if not arrested creates an afflux of fluid to the parts, thus promoting congestion and fresh deposits in the lungs.

3—*Maturation and Softening.* In this stage, all the former symptoms are aggravated, and Consumption is now confirmed. Fresh deposits in the lungs occur and hasten the maturation and softening. These *local* lesions, in their turn, react on the system at large, aggravating the general infection and depressing the vital powers. Hence, the advancing inertia of all the *vital* powers—the universal languor, lowering, loss of flesh, and strength, and weight. The cheeks and lips become blanched—painfully contrasting with the circumscribed *hectic* patch of the former. The expectoration is changed, and becomes more copious, opaque and viscid, more massive and frequently streaked with blood, or mixed with flocculent, wool-like, or curdy particles. It is most troublesome in the mornings, and when going to bed. The feverishness and general exhaustion increase; restless nights, with perspirations, hurried breathing, change in voice, and emaciation also increase. The appetite fails, either constipation or diarrhœa, more frequently the latter, comes on with great increase of cough and vomiting after meals. If the disease advance to this stage, it will require much vigilance and judgment to arrest its progress, as the mischief in the lungs is now very great, and *ulcers* rapidly forming, constitute what is called tubercles.

4—*Ulceration and Suppuration.* The disease now assumes a totally different aspect, and becomes exceeding formidable in its nature and results. The cough becomes more severe, and the expectoration greenish, yellow, or even sometimes like tufts of wool, chewed, appearing when viewed in water, like

jagged round balls. Hemorrhage, or bleeding from the lungs, is liable to come on, and the difficulty of breathing is very great. The patient can scarcely lie down; many times he must be kept with his head bolstered up in a chair, or in his bed, when sleep is desired. Sometimes the voice is reduced to a mere whisper, while in others it remains quite strong to the last. The perspiration, or night sweats are very copious and very exhaustive of the vitality of the organism. The *ulcers*, or tubercles in the lungs increase, causing large excavations, from which issue copious expectorations, sapping and undermining the foundation of the entire system.

The most unpracticed eye can now at once detect the ravages of this disease in the altered appearance of the whole frame. The body is reduced to a mere skeleton, the eyes are sunken; cheek-bones prominent, with sunken cheeks; the head bends forward; the chest is wasted; and the breathing becomes distressingly painful. The mental faculties too, generally become impaired; yet a gracious God amid all this suffering, frequently permits the faculties to remain intact, until the last ember burns out.

I will draw a veil over the last agonies of the sufferings of the Consumptive patient, as my object is not to portray the horrors of dissolution, but to aid, so far as I can, in *ameliorating* this sad condition of the invalid, at least; if not always positively restoring him to good health, by means of the *specific* medicine which I have so successfully prepared for every shade and variety of Consumption or Tubercular Phthisis.

There is not a single symptom of Consumption that the Acacian Balsam (with proper hygienic adjuncts) do not take hold of and dissipate. Encouragement is given without delay, and there is no fear that anybody who commences to take it, and observes the accompanying directions will feel the slightest shade of doubt or disappointment with regard to it.

The object to be attained, is to cleanse the system of all impurities, to nourish and strengthen the vital organs, which

have become impaired and enfeebled by disease, to renew and invigorate the circulation of the blood, and strengthen the nervous organization. The ACACIAN BALSAM does this to an astonishing degree, being (unlike any other medicine now before the public,) a healthful invigorator of the system, without any re-action after the first effects have passed away. It is eminently adapted to soothe and allay irritation of the throat and bronchial organs, caused by severe colds; it promotes a healthful appetite, and assists digestion, is active, but mild and congenial, imparting functional energy and natural strength to every organ of the body.

As many people ask what are the exact properties or ingredients of the ACACIAN BALSAM, I here give the names of the more important of the plants of which it is composed, and refer the patient to the description of them and a great many other Plants, for a knowledge of their medical virtues, in another portion of this volume.

The principal ingredients which compose the ACACIAN BALSAM, are *Aya pana*, (a species of Eupatorium or Lungwort, only found growing in Paraguay, South America); the *Nicaya* (which grows near *Medingo*, Matte-Gross, Brazil, a sort of *natural confection*, much used by the natives for Pulmonary affections,) *Throatwort*, which all know is excellent for Bronchitis; *Dropwort*, or *Fila pendula*; *Pocalima* or *Fleawort*, admirable for Dyspnœa or shortness of breath; *St. John's-wort*, *St. Peter's-wort*, *St. James'-wort*, *Mother wort*, *the Arabian Master-wort*, a wonderful medicine for morbid inflamations, difficulty, or clogging of the respiratory tubes; the *Saracen's wort*, much esteemed in Germany; Austria, Bavaria, etc., in pulmonary affections—a peculiar *Lung wort*, or species of *Iceland Moss*, which, containing mucilaginous matter, is wonderfully soothing for irritated or ulcerated lungs.

Hence, here is the grand combination of plants, with certain gums and mucilages, which compose my preparation of ACACIAN BALSAM, whose remarkable virtues may be summed up as follows:

It is a superior exhilarant.

It purifies all the fluids and secretions in the shortest reasonable period.

It nourishes the patient who is too much reduced to partake of ordinary food. It will supply the place of food for a month at a time.

It strengthens, braces, and vitalizes the brain.

It heals all internal sores, tubercles, ulcers, and inflammations.

It stimulates, but is not followed by re-action.

It at once obviates emaciation, building up wasted flesh and muscle, as the rain vivifies and enhances the growth of the grass.

It is without a rival as a tonic, and it immediately supplies electricity or magnetic force, (as if it were a battery) to every part of the enfeebled and prostrate body.

It affords *oxygen* to vitalize the blood, and *nitrogen* to assimilate the matter, and distributes the necessary elements to all the tissues of the body; equalizes the "*nervous influence*," and causes all the organs of the system to work in perfect harmony together, giving the fullest health possible to be enjoyed by the human species.

In short, it dissipates night-sweats, peevishness, irritation of the nerves, failure of memory, difficulty of expectoration, sharp pain in the lungs, colloquative or chronic diarrhœa, dyspnœa, or shortness of breath, and cures the most inveterate cases of Consumption, no matter of how long standing, with the most miraculous celerity or shortness of time. One trial of this superior preparation will convince the most sceptical as to its extraordinary virtues as a remedial agent in Consumption and all other diseases of the respiratory organs.

It is to be hoped that all those who suffer, or have reason to believe that they are predisposed to suffer from any of the maladies here mentioned—will not allow this opportunity of restoring or preserving their health and happiness to pass by unheeded. The Acacian Balsam is prepared with great

care expressly by myself, and it will cure the most hopeless invalids, if given with care and properly persevered in.

It must be understood, however, that, notwithstanding the ACACIAN BALSAM is a great renovating agent in itself, yet if there be costiveness, or constipation of the bowels, the RENOVATING PILL must also be used in connection with it, and likewise, so must be used the ETHERIAL OINTMENT when the patient is troubled with pleuritic pains, tightness of the chest, soreness of the pectoral or other muscles, of the breast, back, and sides, or the region of the heart and liver. A full description of my prepared remedies will be found further onward.

As a few bottles always make a marked improvement, there is no fear that you will discontinue its use until you are restored to perfect health. All of my medicines are sent to any part of the United States and Canadas, securely packed in wooden boxes, accompanied with full directions for use, on the receipt of price.

The Balsam is an infallible cure for ASTHMA in all its stages, one half bottle giving relief of such a character that the sufferer before *most hopeless* will persevere in its use until perfectly and permanently cured. It has *cured cases* which were considered beyond the reach of mortal power even to *palliate*. The Balsam should also at once be resorted to for the speedy and pleasant cure of all COLDS and COUGHS, (which are but precursors of very dreadful maladies), and it should likewise be administered to all persons who wish to be rid of BRONCHITIS *in any of its forms*. The Balsam will avert confirmed consumption by obliterating in a short time all traces of coughs, colds and bronchitis. Full directions for taking the "Acacian Balsam," will be found upon each bottle.

One bottle of ACACIAN BALSAM $1 ; six bottles, $5; twelve bottles, $9. Sent to any part of the United States by Express, upon receipt of cash order. Call upon or address DR. O. PHELPS BROWN, No. 19 Grand Street, Jersey City, N. J. (London Office, No. 4 King Street, Covent Garden.)

THE RENOVATING PILL.

A purely Vegetable Concentration for keeping the bowels in natural motion, and cleansing the system of all impurities, a cure for costiveness, and a general blood purifier.

This Pill is composed of a variety of Herbs that have no equal in cleansing the bowels of *all* impurities, and keeping them in a healthy and vigorous action and condition. One of these ingredients is a valuable imported root, which added to water, and shaken, will produce a foam resembling that of pure Castile Soap, which, while it has a powerful purifying effect on the bowels, causes no irritation or pain, but soothes and heals every thing as it passes. It is more convenient to carry about, and more agreeable to take, than a potion.—It will regulate the bowels when all other preparations fail. It will, in a very short time, eradicate what is termed chronic costiveness or constipation, and it will cure, as surely as there is a sun that shines upon us, all the sufferings and annoyances that have had their rise in want of proper stools. It should also be distinctly understood that the Renovating Pill is not to *open* or *move* the bowels merely. It must be used in all cases of Diarrhœa, Dysentery, Colic, Bilious Overflows, leading to violent purging, etc., all of which afflictions it will gently, safely, and surely remedy. The greatest feature among the many valuable characteristics of this wonderful Pill, is the quiet and easy method by which it works its miraculous changes in the suffering human system. It is not one of those remedies that make people sick, in order that they may partially get well. From the moment it commences its searching and purifying, but almost imperceptible operations, until you feel the same healthful promptings and impulses that animated you before sickness of any sort had lain its touch upon you, it im-

parts a sense of relief, a feeling of contentment, and a buoyant energy and activity, worth thousands of dollars to those who would live for unalloyed enjoyment. Cleansing, bracing, rejuvenating the sources from whence emanate the best of health—*setting both the physical and mental house in order*—how can illness of any character prevail where this pill is used? It has been used in the severest cases of typhoid fever—it has been given among the Asiatics, in the most terrible cases of black vomit, (ten times more malignant than our yellow fever)—it has been prescribed in small-pox even, and, in no one of such cases—they are countless—has a patient been lost.

If the spring is foul, the rivulet will be impure. If you place a log across a railway, travel thereon will be impeded. If rubbish be thrown into the machinery of a steam-engine, it will no longer work properly, but must stop or be broken into fragments. If an atom finds its way into the inside of a watch, it must be taken out, or the watch will no longer accomplish its duties. The human system is more delicate in its complications, its manifold springs and currents, than the most exquisite piece of machinery ever invented by mortal. Like the watch, it may be deranged by almost impalpable minutiæ Any person of common sense must know that he cannot possibly have good health when his bowels are constipated or clogged up with the various acrid, biliary or morbid secretions of the general system, any more than that any other machinery can work regularly when it is clogged up as above illustrated.

Soldiers, sailors and travelers generally, will find in these Pills an article which can be conveniently carried in the smallest possible space, and which will preserve the system from all diseases produced by change of climate, water, air, and diet.

Females are requested, if they would escape years of suffering, if they would preserve youthful beauty and youthful energies, to use this pill systematically—to keep it always on hand, ready for any emergency. Its constant regulating influences will pre-

vent, as well as cure, the numerous ailments to which women are specially subjected.

It is necessary that every man, woman and child, to be in perfect health, should have a natural passage of the bowels *once in every twenty-four hours*. Those who do not have this, or who have a passage oftener, must be, or will soon get to be unwell. The Renovating Pill will *secure you this daily passage*. Indeed, everybody who does not have this daily passage, *is sick*, although they may not be "down" to their beds.

This pill is not designed for the exclusive use of the costive, or those p rsecuted by too copious evacuations. It is offered as a blessing to ALL INDIVIDUALS who wish to keep their bowels regular. By taking it as a matter of custom, the motion of the bowels may be perpetually kept in a natural condition of good health. It does not act as a merely temporary affair ; it keeps the human system in a state of sound and vigorous health, by easily and almost imperceptibly CLEANSING IT OF ALL IMPURITIES. Indeed, it is a GENERAL PURIFIER of the blood, and as such it is offered to those who prize a blooming complexion, bright eyes, strong nerves, tough and serviceable muscles, pure blood, buoyant spirits, sound and refreshing slumbers, and all other items that go to make one's life a joy instead of a burden. Ask or send for DR. O. PHELPS BROWN'S RENOVATING PILL. Full directions for using will accompany them ; each box contains about sixty pills. Single box, post free. Price 50 cents per box ; three do., when sent by Express, $1 37 ; six, $2.50 ; twelve, $5. All orders must be addressed to DR. O. PHELPS BROWN, No. 19 Grand street, Jersey City, N. J.

DIRECTIONS.

DOSE—From one to four, according to the condition of the patient. For children, one pill is sufficient. The most convenient time for taking these pills is at night, before retiring, and they may be taken through the day, an hour before eating, should circumstances require it.

THE ETHEREAL OINTMENT.

A Vegetable Preparation for the Permanent Cure of Deep-seated Ulcers, Tumors, Pleurisy, Quinsy, Swellings, Sore Throat, Pains in the Chest, Heart Palpitations, Rheumatism, Neuralgia, etc.

In the remedy which is here offered to the public under the name of "The Ethereal Ointment," I am actuated by the motive of doing to others, what, under similar circumstances, they would do for me. Health is the object sought for by the invalid, and who can render a greater blessing to the sufferer, than by pointing him to remedies that will surely make him well. How important it is to be judicious in selecting the medicine that will accomplish this desired end.

"The Etherial Ointment," is a "*Pain Eradicator*" in the most extensive sense of that phrase. It does not banish pain by producing another irritation, or by benumbing the parts to which it is applied; but by removing the cause of the torture, and restoring the afflicted portions to their pristine condition of good health. Its ingredients embrace subtle herbal powers, the precise nature of which it would require a large volume to explain. Suffice it to say, that where there is bodily pain, or a soreness, or inflammation, there is disorganization of the tissues. The flesh is no longer in a natural state. Chemically, it has lost something necessary to its healthful existence, or is suffering from the invasion of some foreign and corrupt matter. The Ethereal Ointment is so compounded that it immediately supplies what is wanting, and also with the greatest precision, certainty, and celerity, expels, absorbs, destroys, and banishes all corrupt and morbid humors, discharges, gatherings, sores, inflammations, etc. In short it acts chemically upon the parts, and by giving what is lacking, and neutralizing that which is superfluous and destructive, makes the flesh as it was when in

its original condition of soundness. Applied over the spot where internal soreness or pain exists, its properties exert a magical change. Its unparalleled power of penetration enables it to reach the remotest spot in a few minutes. For instance, it is a grand aid in the cure of Consumption. Rubbed, according to the directions, upon the chest, it withdraws and absorbs the tuberculous matter from the lungs as if by a charm, and as it withdraws and absorbs these, or any other corrupt and poisonous deposits, it soothes and permanently *heals*. Applied directly to the stomach, it is a grand circulator of the blood and secretions, for which object it should always be used in connection with my Renovating Pills, which is the great purifier. Their mode of action is separate and distinct, yet their operations are in harmony with the great laws of nature, in promoting the expulsion of impurities through the capillaries, or pores of the skin. The OINTMENT eliminates all poisonous humors from the system, by drawing them to the surface, and in many cases where the stomach is too enfeebled to bear internal medicines, has proved powerful to cure where all other means were unavailing. Every form of disease is necessarily attended by impurity of the blood, and attention should be paid to its restoration to a healthy condition through the use of the Ethereal Ointment and Renovating Pills. Among the many afflictions for which as a remedy they have no equal are Rheumatism in all its varied and distressing forms, pains in the hips and knee joints, Lumbago, or pains in the lower part of the back, Scrofulous Eruptions, Skin Diseases of every form, Cramps, Glandular Swellings, Ulcers and Tumors, White Swelling, Croup, Pleurisy, Quinsey, Bruises, Chilblains, Cuts, Corns, Sprains, Burns, Scalds, Sore Lips, Sore Nipples, Neuralgia, Heart Palpitations, and all other Heart Affections, Blotches, Boils, Worms, Scald head, Mumps, Salt Rheum, Mercurial Sores, Fever Sores, Piles, Fistula, Spinal Affections, etc.

Soldiers will find this Ointment to be a most speedy cure for wounds, cuts, bruises, rheumatism, soreness or tenderness of the feet, etc., with the advantage of being easily applied, and con-

venient to carry on the march. It can be sent, (as also the Renovating Pill,) by mail, pre-paid, to any part of the country.

The Ethereal Ointment is used in their practice by the best physicians in the world. Its praises are daily to be heard from those who have tested its great and manifold virtues.

Sent free by post, at 50 cents per single pot. When ordered by express, three do., $1.37; six do., $2.50; twelve, $5. All orders must be addressed to Dr. O. Phelps Brown, No. 19 Grand street, Jersey City, N. J.

DIRECTIONS.

How to Apply the Ointment.—Spread it evenly and thinly on soft oil-cloth, oiled silk, or linen of sufficient size to cover both the wound and the surrounding inflammation. If oiled silk or linen are not at hand, it may be spread on a piece of clean silk, linen or cotton cloth. A fresh dressing of the Ointment should in all ordinary cases be applied every twenty-four hours. Do not bandage tightly, and be sure to dress the affected parts regularly.

Burns, Ulcers and Tumors.—If the discharge in these cases be free and copious, it would be well to apply fresh Ointment night and morning. After the ulcer or sore begins to show indications of healing, a new dressing once every two days will be sufficient—cleansing the sore every twenty-four hours.

Scald Head.—Cut the hair as short as possible, and rub the Ointment on sparingly with the finger; then draw on the cap made of oiled silk or oil cloth.

For Old Sore Legs—And all corrupt sores of long standing, and especially if the parts are much inflamed, the further the Ointment extends around the seat of the disease and the inflamed part, the better.

Ulcers and Tumors of a Scrofulous Character—Will sometimes need the application of the Ointment for months, perhaps, before a thorough cleansing and cure can be made; therefore, patience and perseverance, with great regularity in the dressing,

is required—and some attention paid to diet will prevent the system from becoming too gross. In these cases my Pills should always be used in connection, to purify the blood.

In early stages of Inflammatory Rheumatism or Soreness about the Breast, caused by cold or cholic, this Ointment has no equal, and will be found soothing, and yet so stimulating, that in the course of a few hours a gentle perspiration is produced, relieving the patient of all pain and soreness. For this soreness about the Breast, apply a plaster large enough to cover the whole chest.

For Neuralgia, Rheumatism, Sore Throat, Pains in the Chest and Lungs, Croup in Children, which it never fails to relieve immediately, if applied to the throat and chest; *Cramps and Pains in the Stomach, etc.*—Apply with the bare hand to the parts affected. The Ointment must be well rubbed in with gentle friction for five or ten minutes at each application.

☞ **Should any person,** after having become convinced that my medicines are really valuable, be disposed to act as my agent, I should be pleased to have him address me on the subject. I will furnish him with a goodly supply of pamphlets to distribute in his locality, also the medicines on the most reasonable terms.

☞ **No charge will be made for advice**—all are invited to call. All letters must be addressed to

Dr. O. PHELPS BROWN,
No. 19 Grand-st., Jersey City, N. J.

☞ **Special Notice!**—All persons sending money for medicines to the amount of $20 and upwards, are requested to send, if possible, by Draft or Check, payable to my order in New-York, or by Express, pre-paid.

PLANTS.

THEIR COLLECTION AND PRESERVATION.

A PHYSICIAN who would cure disease, or seek to assist nature to throw off all morbid accumulations from the body, should have a single eye to the perfection, purity, or quality of the remedial agents he may feel called upon to employ. Plants should be gathered at a proper period, and under correct planetary influences, and always chosen from those in a wild or uncultivated state.

The roots of an annual plant will yield their most active medical properties just before the flowering season, whereas this class of roots are erroneously gathered after the flowering season: in consequence, they are less active, and do not retain their qualities for any reliable time. The roots of the biennial plants are most energetic if gathered when the leaves have fallen from the plant, in the autumn of the *first* year; while the roots of perennial plants are most active when gathered between the decay of the flowers and leaves and the renewal of verdure of the following Spring. Bulbs are to be collected as soon as matured, or soon after the loss of foliage, in order to secure their most active principles.

Herbaceous stems should be collected after the foliage, but before the blossoms have developed themselves, while ligneous or woody stems should be collected after the decay of the leaves and previous to the vegetation of the preceeding Spring.

Barks are to be gathered in the Spring previous to flowering, or in Autumn after the foliage has disappeared. Spring is the best time to gather resinous barks, and autumn for the others.

Leaves are best when gathered between the period of flowering and maturation of the fruit or seeds. Biennial plants, however, do not perfect themselves the first year, consequently, their leaves should be gathered only during the second year of the growth of the plant.

Flowers are to be collected when about to open, or immediately after they have expanded, although I prefer the buds. Flowers, buds, and leaves are to be gathered in dry weather, after the dew is off of them, or in the evening before it falls, and freed from all impurities. Aromatics should be collected after the flower-buds are formed, while stalks and twigs are best if gathered soon after the decay of the flowers. Berries, succulent fruits and seeds, are to be collected only when ripe, except in some few cases where the medical virtue is contained in the unripe article. Roots are to be well washed, rejecting all worm-eaten or decayed portions. Bulbs are cleaned and dried as roots. Barks, stems, twigs, and woods are best dried in a moderate sun-heat, and should be taken every night into a well ventilated room, where the dew or rain will not touch them, and laid upon sticks, slats, or boards which are some few inches apart, so that the air may be well circulated through. The best method of drying leaves is to strip them from the stem, lay them loosely upon a flooring where the sun shines moderately and the air circulates sufficiently to avoid mould—keep them well stirred. The custom of steaming or moistening leaves in order to pack them more solidly after having been dried, is exceedingly improper, as the articles become thereby much deteriorated in quality and soon get musty.

Seeds are dried in the same manner as stems and leaves. Aromatic herbs and annual plants are dried as advised for leaves similarly prepared.

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CONSULTATION BY LETTER.

THROUGHOUT "THE COMPLETE HERBALIST," I have given all the information possible or allowed by the limits, as to how all diseases, which are not complicated, or of too long standing, may be cured by plants, etc., which can be readily obtained everywhere, or by either one or all of my FOUR PREPARED REMEDIES. I have also demonstrated, very clearly, that many cases of disease, both in the male and female, can, by *special* treatment, or a *course* of Herbal medicines exclusively adapted to the *complaint* and the *individual*, be more speedily, pleasantly, and effectually eradicated, than by any other method. Take, for instance, Scrofula, Whites, Gout, Gravel, Chronic Rheumatism, Sexual and Nervous Debility, Catarrh, Affections of the Ear, Spermatorrhœa, etc., etc.—these, and many other maladies of a nature equally obstinate and distressing, often require *particular* treatment from the difference of physical conformation, character, temperament, age, and sex of the individuals in whom they may prevail, and from the various lengths of time they may have existed, and the stage at which they may have arrived. This particular treatment involves the use of rare foreign herbs and plants, which it would give some trouble to procure in their purity unless by one who understands their character and makes it his business to import them. For this reason, and this only, I make these special preparations when they are applied for, but not until I am satisfied they are needed. When parties, who think their cases are of such a character as to warrant this extra attention, write to me for advice and medicines, they must invariably give as concise and clear a history, as is possible, of the origin, progress, present aspect, and *duration* of their afflictions. Each correspondent must also state, as briefly as may be consistent with the design of writing his or her age, complexion, color of hair and eyes, habits and occupations and whether married or single. Every time you write, give, in a legible hand, the town, county, and state to which a reply is required to be sent, and if medicines are ordered, the name of the Express Station (with the name of the Express Company) to which they are to be sent should be specified. *All* communications will be held STRICTLY CONFIDENTIAL. In order to pay for Consultation Fee, each correspondent upon sending the first letter will enclose *one dollar*. If I can point out remedies which my correspondents may *themselves* procure and prepare without further aid, I will be glad to do so; but if I find it necessary to prepare a special course of medicine, and the patient concludes to accept it, the dollar will be deducted from the usual cost of the preparations. Address,

DR. O. PHELPS BROWN,
No. 19 Grand-St., Jersey City, N. J.

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